

| | Option 1 | Option 2 | Option 3 | Option 4 | Option 5 |
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| Breakfast | <ul style="list-style-type: none"> • 1 serving cold cereal • 1 banana or any whole fruit • 1 tbsp. nut butter or 1 tbsp. nuts • 1 cup low-fat milk or milk substitute or low-fat yogurt | <ul style="list-style-type: none"> • 1 slice bread • 1 whole egg • 1 tsp. butter or nut butter • 1 fruit • 1 cup low-fat milk or yogurt | <ul style="list-style-type: none"> • ½ whole bagel • 1 whole fruit or 1 cup • 2 Tbsp. cream cheese 1 tbsp. nut butter • 1 cup milk or low-fat yogurt | <ul style="list-style-type: none"> • ½ cup oatmeal • 1 whole fruit or 1 cup • 1 tbsp. peanut butter or nut butter or 1 tbsp. butter (can put in oatmeal) • 1 cup low-fat milk or low-fat yogurt | <ul style="list-style-type: none"> • 1/3 cup granola • 1 cup low-fat yogurt 1 cup low-fat milk • 1 cup berries • 2 Tbsp. nuts |
| Snack | <ul style="list-style-type: none"> • ½ cup cottage cheese • 1 fruit or 1 cup | <ul style="list-style-type: none"> • 1 string cheese • 1 fruit | <ul style="list-style-type: none"> • ½ cup low-fat Greek yogurt • 1 fruit or 1 cup | <ul style="list-style-type: none"> • 1 kind bar, luna bar, lara bar | <ul style="list-style-type: none"> • 1 serving crackers • 1 tbsp. nut butter or 1/8 cup nuts |
| Lunch | <ul style="list-style-type: none"> • 1 slice wheat bread • 3 oz. deli meat • 1/8 of a medium avocado • ½ cup carrots • 1 fruit • 1 cup milk or yogurt or 1 slice cheese | <ul style="list-style-type: none"> • 1 small tortilla • ½ cup beans (any kind) • 2 Tbsp. Hummus or 1/8 of an avocado • 1 cup mixed veg (raw) • 1 fruit • 1 cup milk or yogurt or 1 slice cheese or ¼ cup | <ul style="list-style-type: none"> • ½ whole pita • 3 oz. chicken or any kind of meat • 2 Tbsp. hummus or 1/8 of an avocado • 1 cup lettuce, tomato, cucumber • 1 fruit • 1 cup milk or yogurt or ¼ cup cheese | <ul style="list-style-type: none"> • 1 slice bread • 1 tbsp. peanut butter, 1 tbsp. jelly • 1 fruit • ½ cup raw veg • 1 cup milk or yogurt | <ul style="list-style-type: none"> • 3 oz. protein (chicken, turkey, beef etc.) • ½ cup corn or beans or peas • 1 Tbsp. dressing • 1 cup salad (any kind of mixed veggies) • 2 Tbsp. cranberries or dried fruit • 1 cup milk or ¼ cup cheese |
| Snack | <ul style="list-style-type: none"> • 1 protein bar (luna, lara, kind) | <ul style="list-style-type: none"> • 1 serving crackers • 1 oz. cheese or 1 string cheese | <ul style="list-style-type: none"> • 1 tortilla or 1 slice of bread • 1 tbsp. nut butter | <ul style="list-style-type: none"> • 1 servings cereal • 1 cup Greek yogurt or 1 cup milk | <ul style="list-style-type: none"> • 1 cup chocolate milk • 1/8 cup mixed nuts |
| Dinner | <ul style="list-style-type: none"> • ½ cup pasta with tomato sauce • 4 oz. meat | <ul style="list-style-type: none"> • ½ cup rice • 4 oz. meat any kind • 1 cup steamed snow | <ul style="list-style-type: none"> • 1 hamburger bun • 1 hamburger/ Turkey/veggie patty | <ul style="list-style-type: none"> • ½ cup quinoa or rice or couscous • 4 oz. fish, chicken or fish • 1 cup salad | <ul style="list-style-type: none"> • 4 oz. sweet potato or baked potato • 4 oz. grilled protein (sauce any kind) |

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| | <ul style="list-style-type: none"> • 1 cup steamed broccoli or any veggie • 1 tsp. butter or olive oil • 1 cup milk | peas/carrots or any kind mixed veggies <ul style="list-style-type: none"> • 1 tsp. olive oil or butter • 1 cup milk | <ul style="list-style-type: none"> • 1/8 of an avocado or 2 tbsp. hummus • 1 cup carrots or any veg • 1 cup milk | <ul style="list-style-type: none"> • 1 Tbsp. dressing • 1 cup milk | <ul style="list-style-type: none"> • 1 cup steamed veg • 1 tsp. olive oil or butter • 1 cup milk |
| Snack | <ul style="list-style-type: none"> • 3 cups popcorn | <ul style="list-style-type: none"> • 1 cup low-fat yogurt • ¼ cup granola | <ul style="list-style-type: none"> • 1 chocolate chip cookie or ½ cup ice cream | <ul style="list-style-type: none"> • 1 slice bread or 1 serving crackers • 1 tbsp. nut butter | 1 smoothie (200 calories) |

Guidelines:

- **Must eat 6x per day**
- **Choose from options 1-5 (i.e., breakfast option 1, snack option 3, lunch option 4 etc.)**