

Eat This



Oatmeal
High Fiber Cereal
Egg Omelet
Greek Yogurt
Whole Wheat Toast

BREAKFAST



Not That

White Bagels
Donuts
White Pancakes
Sugar Cereal
Fast Food Sandwiches
Pastries



LUNCH



Whole Wheat Wrap
Chickpeas
Tuna Lettuce Salad
Soup
Whole Wheat Pasta
Grilled Salmon

Lunchables
Mac and Cheese
Pizza
Hot dog
Stuffed Baked Potato



DINNER



Grilled Chicken and Vegetables
Quinoa Salad
Roast Chicken
Turkey Lettuce Wraps
Brown Rice Bowl

Hamburger and French Fries
Fried Chicken
Sweet and Sour Chicken
Chicken Nuggets
White Sub Sandwich

