



Make It Fun Meal Ideas

Meal #1

Banana Nut Oatmeal

- 1/2 c. oats
- 1 c. almond milk
- 1/2 banana
- 1/4 c. chopped pecans
- dash of cinnamon

Meal #2

Protein Shake

- 2 scoops protein powder
- Water
- Strawberries

Meal #3

Grilled Chicken Salad

- 1 skinless, boneless chicken breast, grilled
- 2 cups spinach leaves
- unlimited veggie toppings
- 2 tbsp. lite balsamic vinaigrette

1 medium sweet potato

Meal #4

2 oz. cheddar cheese
10 multigrain pita chips

Meal #5

2 filet tilapia
1/2 c. brown rice
1 c. steamed green beans

Meal #6

1 c. Greek yogurt
10 blueberries
drizzle of honey