



## BREAKFAST OPTIONS

- **Mocha Energy Protein Shake**
  - 1 Scoop chocolate protein Powder
  - 1.5 cup black coffee (pre-made)
  - 1 frozen banana 1 cup ice cubes
  - 1/4 cup walnuts
  - 1-2 Tbsp. unsweetened cocoa powder
  - Ice/Blend until smooth
  - \* This serves 2
- **Creamy Coffee Overnight Oats**
  - 1 cup oatmeal
  - 2/3 cup toasted unsweetened coconut flakes
  - 1/2 cup peanut or almond butter
  - 1/2 cup ground flax seed
  - 1/3 cup honey or agave nectar
  - 1/4 cup unsweetened cocoa powder
  - 1 tbsp chia seeds
  - 1 tsp vanilla extract
  - \*Mix. Roll Into little protein ball/ bites
  - Refrigerate!
- **Breakfast Sandwich**
  - Scrambled eggs 2
  - low sodium turkey bacon 3 slices
  - toasted whole grain english muffin
  - Cheddar or Swiss 1 slice

## LUNCH/DINNER OPTIONS

### Thai chicken pasta

#### Ingredients

- 3 ounces uncooked whole wheat linguine
- 1/2 cup salsa
- 2 tbsp reduced-fat creamy peanut butter
- 1 tbsp orange juice
- 1.5 tsp honey
- 1 tsp reduced-sodium soy sauce
- 1 cup cubed cooked chicken breast
- 1 tbsp chopped unsalted peanuts
- 1 tbsp minced fresh cilantro

#### Directions

- Cook linguine according to package directions.
- Combine the salsa, peanut butter, orange juice, honey and soy sauce
- Cover and microwave on high for 1 minute; stir
- Add the chicken; heat through. Drain linguine. Serve with chicken mixture. Garnish with peanuts and cilantro.

### Chicken Fajita Lunch Bowls

- Grilled Chicken cooked in no sodium taco seasoning
- Rice 1/2 cup
- yellow corn 1/4 cup
- Sliced Peppers 1/2
- Black beans 1/4 cup
- Lime drizzle
- Mix It up & throw some salsa on It!

### Pinwheels

- Butter Lettuce
- sliced low sodium turkey or Tuna packet
- Chop up any veggies you desire
- mustard
- Wrap , roll, cut into small pinwheels TOGO

### Asian cucumber salad

#### Ingredients

- 4.5 tsp rice vinegar
- 1/2 tsp honey
- 1/4 tsp sesame oil
- 1/4 tsp reduced-sodium soy sauce
- salt and pepper
- 1/2 large cucumber, julienned
- 1/2 medium sweet red pepper, julienned
- Black and white sesame seeds

#### Directions

- Combine the vinegar, honey, oil, soy sauce, salt and pepper
- Add cucumber and red pepper; stir to coat
- Cover and refrigerate for at least 30 minutes, stirring occasionally. Garnish with sesame seeds.

### Crunchy Tuna Wraps

#### Ingredients

- 1 pouch (6.4 ounces) light tuna in water
- 1/4 cup chopped celery
- 1/4 cup chopped green onions
- 1/4 cup sliced water chestnuts/nuts chopped
- 3 tbsp chopped sweet red pepper
- 2 tbsp reduced-fat mayonnaise
- 2 tsp prepared mustard
- 2 spinach tortillas (8 inches)
- 1 cup shredded lettuce

#### Directions

- In a small bowl, mix the first 7 ingredients until blended. Spread over tortillas; sprinkle with lettuce. Roll up tightly jelly-roll style

## SNACKS

- Roasted Chick Peas
- Jerky (low sodium)
- Tuna and Cracker Kits (think less mayo, and healthy fats- Avocado