

# BREAKFAST, LUNCH, AND SNACK ROTATION

*There are 2 snacks listed for each day... one for mid-morning and one for the afternoon. Sometimes one snack in the afternoon is enough. Remember, this is just an example to demonstrate what a rotation looks like. Give it a try or use it as inspiration to create your own!*

## MONDAY

B: Scrambled eggs + toast + kiwi

L: Grab a healthy sandwich, soup or salad at your favorite lunch spot

S: Smoothie or Yogurt/ Trail Mix

## TUESDAY

B: Pancakes with sliced banana and chopped walnuts

L: Turkey, cheese, spinach, and hummus sandwich + fruit + nuts with chocolate chips

S: Celery + Nut Butter/ Protein Bar

## WEDNESDAY

B: Egg, cheese, ham and spinach sandwich + orange

L: Spinach salad with cucumber, tomato, feta cheese and deli meat + salad dressing + nut mix + dark chocolate

S: Fruit/ Cottage Cheese with Crackers

## THURSDAY

B: Pancakes with berries and sliced almonds

L: Tuna Waldorf Salad + crackers + chocolate

S: Bell Pepper Strips + Hummus/ Nut Mix

## FRIDAY

B: Scrambled eggs + toast crackers with jam + kiwi

L: Salad greens with fresh or dried fruit, celery, goat cheese, sunflower seeds, deli meat + salad dressing + crackers + dark chocolate

S: Yogurt/ Protein Bar

\*Additional Snack Options: Sliced Apple + Nut Butter, Whole Grain Waffle or Toast + Nut Butter, Grapes + Cheese Stick, Cereal + Sliced Banana, Crackers + Cheese, Popcorn