

EASY, ON-THE-GO FAMILY MEAL IDEAS

Meal #1

- 4-5 oz Oven roasted turkey or chicken & optional slice of cheese
- Whole grain tortilla
- Baby carrots, celery, or green pepper slices
- Piece of fruit
- Ranch

Meal #2

- 1 cup low-fat cottage cheese
- Whole grain crackers or chickpeas
- Cherry tomatoes and/or cucumber slices
- Piece of fruit or dried fruit
- 1/2 oz avocado

Meal #3

- 2-3 cups plain popped popcorn or whole grain crackers
- 4 oz low fat string cheese (4 pieces individually wrapped)
- Baby carrots, celery or green pepper slices
- Piece of fruit
- Ranch

Fruit Ideas

- Apples
- Oranges
- Grapes
- Berries

Healthy snack ideas or substitutes for food in above meals

- Celery with peanut butter
- Can sub hummus (starch) for ranch
- Hard boiled eggs
- Dill pickles
- Unsalted almonds, walnuts or pistachios (if no nut allergy)
- Protein bars with < 12g sugar
- Grab and go snack packs (usually include cheese, nuts & dried fruit)
- Canned fruit in 100% fruit juice or water