



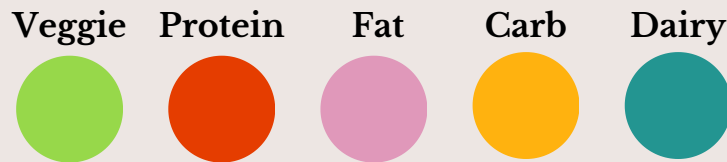
Lunch At Home



Preparing healthy meals in minutes just became a cinch! Our Fork Friendly program selects the most nutrient-dense product within each food group to help you build a well-rounded meal. Find menus that appeal to your taste buds and stack ingredients based on your hunger levels or energy needs



TIP: Use the colors to understand which food group an item belongs to.



Cobb Salad

Click images to find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Cobb Salad
	40	8	3 cups Dole Very Veggie Salad Mix
	60	0	1 Nest Fresh Cage Free Hard Cooked Egg
	60	0	2 slices Butterball Turkey Bacon crumbled
300	130	1	1 Tyson Grilled & Ready Chicken Breast diced
400	90	16	12 Wheat Thin Reduced Fat Crackers
500	100	0	2 Babybel Light Cheese pieces
Total Carbs		25	

Light Options!

Moderate options!

Complete options!

Taco Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Taco Salad
	10	5	3 cups Dole Very Veggie Salad Mix
	110	3	3 oz. John Soules Chicken Fajitas
	140	17	15 Veggie & Seed Blend Tortilla Chips
300	40	8	4 tbsp Green Mountain Mild Salsa
400	80	1	1/4 cup Kroger Reduced Fat Mexican Shredded Cheese
500	90	4	1/4 large avocado
Total Carbs		39	

Zucchini Noodles with Meatballs



Calorie Options	Calories Per Serving	Carbs Per Serving	Zucchini Noodles w Meatballs
	160	9	3 Gardein Classic Meatless Meatballs
	30	4	1 cup Green Giant zucchini noodles
300	80	8	1/2 cup Muir Glen italian herb pasta sauce
	5	3	1 cup spinach
400	80	12	2 tbsp Kens Steak House Lite Sweet Vidalia Onion Dressing
500	100	7	1/4 cup Shredded Daiya Mozzarella Cheese
Total Carbs		43	

Garbanzo Bean Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Garbanzo Bean Salad
	15	3	2 cups HEB Hearts of Romaine Lettuce
	3	0	1 green onion chopped
	130	1	1 Tyson Grilled & Ready Chicken Breast Fillet
	100	10	1/2 cup Garbanzo Low Sodium Goya Chickpeas
300	55	4	1 tbsp Maple Grove Farm Citrus Vinaigrette
400	90	4	1/4 large avocado
500	100	7	1/4 cup Daiya Shredded Mozzarella Cheese
Total Carbs		46	

Build-A-Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Build-A-Bowl
	20	3	2 cups HEB Hearts of Romaine Salad Mix
	30	6	8 H-E-B Cherry Tomatoes
	110	2	3 oz. Tyson Grilled & Ready Chicken Strips
	90	4	1/4 large avocado
300	45	6	2 tbsp Bolthouse Farms Honey Mustard Dressing
400	110	20	1/2 cup Goya Black Beans Reduced Sodium
	30	6	1 container Del Monte Diced Peaches, No Sugar Added
500	80	1	1/4 cup Kroger Reduced Fat Mexican Style Shredded Cheese
Total Carbs		48	

Grilled Fish with Couscous



Calorie Options	Calories Per Serving	Carbs Per Serving	Grilled Fish with Couscous
	80	3	1 Gorton's Natural Catch Grilled Cod Garlic & Herb fillet
300	190	38	1 cup Near East Whole Grain Wheat Couscous Original Plain
	15	3	2 cups Dole Italian Blend salad mix
400	55	4	2 tbsp Maple Grove Farm Citrus Vinaigrette
500	86	2	2 tbsp Blue Diamond Lightly Salted Almonds
Total Carbs		50	

Beef & Broccoli Healthy Choice Steamers



Calorie Options	Calories Per Serving	Carbs Per Serving	Beef & Broccoli Healthy Choice Steamers
300	280	32	1 Healthy Choice Simply Steamers Beef & Broccoli
	10	5	3 cups Dole Very Veggie Salad Mix
400	80	12	2 tbsp Kens Steak House Lite Sweet Vidalia Onion Dressing
500	80	2	1/4 cup Kroger Shredded Mozzarella
Total Carbs		51	

Chicken Salad with Crackers



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Salad with Crackers
	240	0	3 oz HEB Meal Simple Shredded Chicken
	104	6	2 tbsp Kraft Light Mayonnaise
300	21	5	1 1/2 cup chopped fresh celery
400	90	16	12 Reduced Fat Wheat Thins crackers
500	95	25	1 medium apple
Total Carbs		52	

Couscous & Tilapia Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Couscous & Tilapia Salad
	100	1	Gorton's Grilled Tilapia
	80	18	1/2 cup H-E-B Whole Wheat Garlic & Olive Oil Couscous
	40	8	3 cups Dole Very Veggie Salad Mix
300	52	6	1/5 tbsp Newman's Own Raspberry & Walnut dressing
400	100	1	Gorton's Grilled Tilapia
500	80	18	1/2 cup H-E-B Whole Wheat Garlic & Olive Oil Couscous
Total Carbs		52	

Chicken Wrap



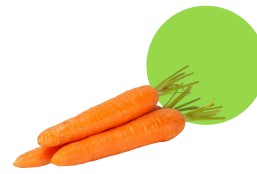
Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Wrap
	110	0	3 oz Cocina Lightly Seasoned Shredded Chicken
	120	22	1 Kroger Whole Wheat Tortilla
	40	1	1/4 cup HEB Fat Free Shredded Mozzarella
	15	3	2 cups HEB Hearts of Romain Lettuce
300	15	1	1 Tomato Slice
400	100	8	1/2 Medium Avocado
500	100	18	1/2 cup Goya Low Sodium Black Beans
Total Carbs		53	

Chicken Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Sandwich
	150	10	1 Banquet Chicken Patty
	140	26	2 slices Dave's Killer Thin sliced Good Seed bread
300	15	1	1 Tomato slice
400	90	4	1/4 Large Avocado
500	100	14	8 pieces Alexia Sweet Potato Fries/ Sea Salt
Total Carbs		55	

Black Bean Burger



Calorie Options	Calories Per Serving	Carbs Per Serving	Black Bean Burger
	120	13	1 Morning Star Spicy Black Bean Burger
	130	24	Nature's Own Hamburger Bun
300	10	2	2 tbsp Green Mountain Mild Salsa
400	90	4	1/4 large avocado
	70	8	2 tbsp Pita Pal Roasted Red Pepper Hummus
500	25	5	1 cup raw carrots
Total Carbs		56	

Hot Dog



Calorie Options	Calories Per Serving	Carbs Per Serving	Hot Dog
	90	0	2 Ball Park Smoke White Turkey Franks
300	105	22	1 Nature's Own Whole Wheat Hot Dog Bun
	10	0	2 tbsp Boars Head Lower Sodium Mustard
	60	6	1/2 cup Green Giant Simple Steam Tuscan Broccoli
	25	5	1 cup raw carrots
400	70	8	2 tbsp Pita Pal Roasted Red Pepper Hummus
500	60	15	1 Outshine Fruit Bar (any flavor)
Total Carbs		56	