

MENU PLANNING



Breakfast Meals: In the Car

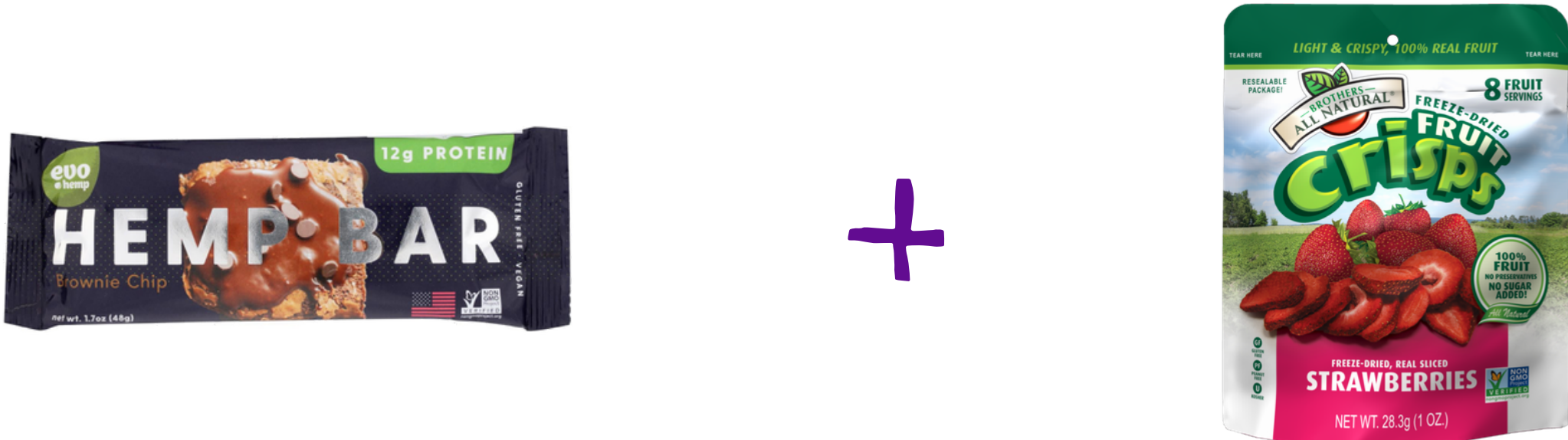


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Calorie Options	Total Carb:	McDonald's On the Go!
130	1	Mcdonald's Egg - 1 egg
140	18	McDonald's Hashbrowns - 1 order
15	4	Apple Slices - 1 order
285	23	SUBTOTAL



Calorie Options	Total Carb:	Protein On the Go!
160	4	Premier Protein Drink - 1 Carton
100	8	Kind Mini Bar PB & Chocolate - 1 Bar
80	15	Apple
340	27	SUBTOTAL



Calorie Options	Total Carb:	Easy No Mess Breakfast!
220	18	Brownie Evo Hemp Bar - 1 Bar
60	14	Brother's Strawberry Fruit Crisps - 1/2 Bag
280	32	SUBTOTAL



Calorie Options	Total Carb:	Go Get 'Em Breakfast
100	1	Weight Watchers Light Mozzarella Cheese Sticks
90	3	Blue Diamond Lightly Salted Almonds - 1 pkg
60	15	Banana - 4"
250	19	SUBTOTAL

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Breakfast Meals: At Home



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options



Calorie Options	Total Carb:	Banana Smoothie
110	5	Vega Protein & Greens Vanilla - 1 scoop
80	14	Bare Oats - 3 T
60	15	Banana - 1/2
25	0	Spinach - 1 cup
0	0	Water - 2 cups
275	34	SUBTOTAL



Calorie Options	Total Carb:	Peach Delight
100	4	Daisy Low Fat Cottage Cheese - 1/2 cup
25	6	Del Monte, No Sugar Added Peaches - 1 container
120	20	Kashi Oatmeal Raisin Flax - 1 cookie
245	30	SUBTOTAL

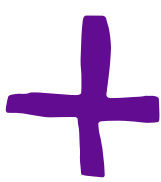


Calorie Options	Total Carb:	Protein Packed Breakfast
105	3	HEB Canadian Bacon - 3 Slices
70	14	Egg-land's Best - 1 egg
120	24	Quaker Lower Sugar Maple & Brown Sugar - 1 Pkg
295	27	SUBTOTAL

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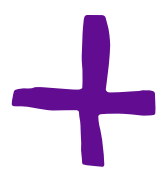


Breakfast Meals: At the Office

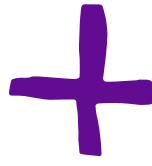
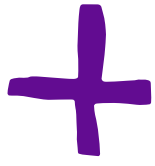


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Calorie Options	Total Carb:	Protein-Packed Meal
230	32	Jimmy Dean Delights Egg White and Cheese Honey Wheat Muffin
25	6	Del Monte No Sugar Added Diced Peaches
255	38	SUBTOTAL



Calorie Options	Total Carb:	Breakfast Burrito
230	29	El Monterey Simply Egg, Turkey Sausage, and Cheese Burrito
25	5	Bell Peppers - 1 cup
255	34	SUBTOTAL



Calorie Options	Total Carb:	Yogurt Meal
80	9	Dannon Light and Fit Greek - 1 pkg
90	2	Blue Diamond Lightly Salted Almonds - 1 pkg
105	22	Quaker Oatmeal Squares - 1/2 cup
275	33	SUBTOTAL