



Breakfast at the Office



Finding healthy meals you can eat while in the office can sometimes be a challenge but Fork Friendly is here to help! Each table below represents amazing lunches and how to build a well-rounded meal. Stack ingredients to create higher or lower-calorie options depending on your hunger levels.



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



Carb



Non-starchy
Veggie



Protein



Fat



Fruit

Egg & Turkey Power Up

Click images to
find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Egg & Turkey Power Up
	120	2	2 eggs	Nest Fresh Free Range Hard Boiled Eggs
	140	6	2 oz	Turkey Jerky
300	35	8	1 container	Dole No Sugar Added Mandarin Oranges
400	100	0	2 sticks	Frigo Cheese Heads Light String
500	100	18	1 pkg	Better Oats 100 Calorie Oatmeal
Total Carb		34		

Light
options!

Moderate
options!

Complete
options!

Granola Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Granola Bowl
	80	9	1 container	Dannon Light & Fit Nonfat Vanilla Greek Yogurt
	100	21	1/4 cup	Bear Naked Fit Triple Berry Granola Cereal
300	100	0	1 pack	100 Pack Nuts
400	90	8	1 bar	Mini Kind Bar
500	140	0	2 sticks	HEB Reduced-Fat Colby and Monterey Jack Cheese Stick
Total Carb		38		

Oatmeal Bowl



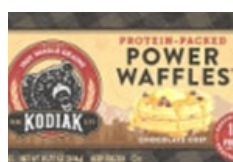
Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Oatmeal Bowl
	100	19	1 pkg	Quaker Instant Oatmeal-Original
300	230	8	1 shake	Core Power - 42
400	100	0	1 pack	100 Calorie Nut Pack
500	45	11	1/2 box	Mini Box Raisins
Total Carb		38		

Protein Packed Breakfast



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Protein Packed Breakfast
	180	22	1 pastry	Legendary Protein Pastry
300	150	2	1 shake	Nurri Vanilla Protein Milkshake
400	100	0	1 pack	100 Pack Nuts
500	60	15	1 pouch	Go-Go Squeeze Apple Apple Pouch
Total Carb		39		

Nutty Waffles



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Nutty Waffles
	220	24	2 waffles	Kodiak Power Waffles
300	110	3	1/2 pkg	Justin's Almond Butter
400	100	12	8 oz	Horizon 1% Milk
500	100	0	1 pack	100 Calorie Nut Pack
Total Carb		42		

Energizing Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Energizing Sandwich
	270	31	1 muffin	Jimmy Dean Delights English Muffin Turkey, Egg White & Cheese
300	25	6	1 container	Diced Peaches Fruit Cup
400	100	7	1 pkg	Breakstone's Small Curd 2% Cottage Cheese, Snack Size
500	100	0	1 pkg	100 Calorie Pack Nuts
Total Carb		44		

Fuel-Up Cottage Cheese Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Fuel-Up Cottage Cheese Bowl
	130	14	1 container	Breakstone Peach Cottage Cheese
	110	18	11 crackers	Blue Diamond Nut-Thins Multi-Seeds Crackers
300	120	5	1 container	Mini Wholly Guacamole
400	100	7	1 drink	Muscle Milk 0
500	100	0	1 pack	100 Pack Nuts
Total Carb		44		

Egg & Sausage Burrito



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Egg & Sausage Burrito
	290	33	1 burrito	El Monterey Signature Sausage, Cheese & Potato Burrito
300	25	6	1 container	Diced Peach Fruit Cup - No Sugar Added
400	120	5	1 pkg	Mini Wholly Guacamole container
500	100	0	1 pkg	100 Calorie Nut Pack
Total Carb		44		

Ham & Cheese Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Ham & Cheese Bowl
	200	13	1 pkg	Smart One's Ham & Cheese Scramble
300	80	20	1 apple	Medium Apple
400	110	3	1/2 pkg	Justin's Almond Butter
500	110	3	1/2 pkg	Justin's Almond Butter
Total Carb		45		

Bagel & Cream Cheese



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Bagel & Cream Cheese
	120	25	1 bagel	Thomas' Plain Mini Bagel
	50	2	2 tbsp	Whipped Cream Cheese
300	160	4	1 shake	Premier Protein Shake
400	65	15	1 cup	Mixed Berries
500	100	0	1 pkg	100 Calorie Nut Pack
Total Carb		46		

Almond Breeze Crunch Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Almond Breeze Crunch Bowl
	105	26	1/2 cup	Frosted Mini Wheats Cereal
	30	1	1 cup	Unsweetened Vanilla Almond Milk
	100	0	1 pkg	100 Calorie Pack Nuts
300	45	11	1/2 box	Mini Box Raisins
400	120	0	2 sticks	Kraft Reduced Fat Mozzarella Stick
500	90	8	1 bar	Mini Kind Bar
Total Carb		46		