



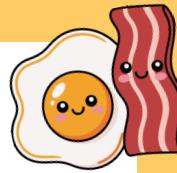
Carbohydrates

- BREAD, CRACKERS, OR WRAPS
- RICE OR PASTA
- POTATOES OR SWEET POTATOES
- OATMEAL, CEREAL, OR GRANOLA BARS
- PRETZELS



Healthy Fats

- AVOCADO OR GUACAMOLE
- NUTS OR SEEDS
- OLIVE OIL-BASED DRESSINGS
- CHEESE
- YOGURT



Protein

- CHICKEN, TURKEY, OR DELI MEAT
- EGGS
- CHEESE OR YOGURT
- BEANS, LENTILS, OR HUMMUS
- NUT OR SEED BUTTERS
- CHICKPEAS



Fruits & Veggies

- APPLES, BERRIES, GRAPES, OR ORANGES
- BABY CARROTS, CUCUMBERS, BELL PEPPERS
- CHERRY TOMATOES OR SNAP PEAS
- STEAMED OR ROASTED VEGGIES