

Menu 1 (Replace with only one item from list below)

ITEM	
1 cup of Blueberries	High Protein
1 apple	5 Deli rolls (turkey or Chicken)
1 banana	3 Deli rolls (corned beef, pastrami, smoked meat)
1 orange	1/2 cup cottage cheese
1 kiwi	1 cup of Two Good Raspberry Greek Yougurt
1 mango	1 cup of 1% milk
15 strawberries	Great Value mini pack of beef jerky
mini watermelon	15 almonds
1/4 of a whole watermelon	20 pistachios
1 cup rasberries	15 peanuts
1 cup black berries	10 cashews
1 cup grapes	3 peices of Great Value Fully Cooked Bacon strips
1/4 of an entire pineapple	1 hard boiled Egg
1 cup baby carrots	1 cup scrambled egg whites
2 full size carrots	1/2 of a Fit Crunch Protein Bar
2 cups broccoli	1/2 of a Pure Protein Bar
2 cups cauliflower	1/2 of a chicken breast
1 full cucumber	
20 cherry tomatoes	
2 large tomatoes	
2 bell peppers	Drinks
1 head of iceberg lettuce	Coffee with 1 sugar 1 cream
1/4 head of cabbage	Tea with 1 sugar 1 cream
1 beet	3/4 of a scoop of Pure Protein Shake
1 medium potatoe	1/2 cup of chocolate milk
1 cup of Great Value Frozen Straight Fries	
1/2 cup of instant white rice	***Check out menu 2 for zero calorie drinks you can add anywhere ****
1/2 cup of instant mexican rice	
1 package of Great Value Plain Instant Oatmeal	
1 cheese string	
1 package of Great Value fruit snacks	
1 fruit roll up	
1 fruit by the foot	
2 fruit to go bar	
1 package of GV breadsticks and Cheese	
Made good Granola Bars (strawberry, berry, chocolate)	
Made good Strawberry Bites	
2 cups of salted Popcorn (popped)	
1 cup of Cheerios (original)	
1 cup of corn Flakes (original)	
1 cup of Rice Krispies (original)	
1 piece of white toast with butter	
1/2 of a Dempsters white bagel	
1 Great value Frozen waffle	
1 Great value Frozen pancake	
8 salted tops Crackers	
**** Or choose any other Item under 100 calories****	