

1. Turkey Wrap

- Whole wheat tortillas (Ole 100% whole wheat is also good)
- Boar's Head turkey
- Cheddar cheese slices
- Plain Greek yogurt with Ranch packet, 2 = \$4
- Baby carrot sticks
- Apple

2. Whole wheat almond butter and banana sandwich

- Whole wheat bread (\$6)
- Almond butter (or try Wowbutter for nut free or Sunbutter for soy free)
- Banana
- Cheese stick
- Greek yogurt
- Celery sticks
- Terra veggie chips



3. Burrito Bowl

- Ground chicken (3-6 oz)
- Precut pico de gallo
- Sriacha/hot sauce
- Brown rice (1/2 cup)
- Black beans(1/2 cup)
- Bell peppers (1/2 cup)
- Guacamole: try Wholly Guacamole single-serve packs
- Plain Greek yogurt (sour cream substitute)
- Fresh cilantro
- Trail mix **I just measured with a regular spoon
 - Almonds or seeds (1 handful)
 - Chocolate chips (1 spoonfull)
 - Plain Cheerios (5 spoonfulls)
 - Raisins (2 spoonfulls)