

BREAKFAST

Fruit & Veggie Smoothie



- 8-12 ounces of unsweetened almond, coconut or oat milk
- Frozen banana
- Handful of frozen berries (optional for added flavor and antioxidants)
- Handful of spinach or kale
- 1 tablespoon cacao nibs (for chocolate flavor – different from cocoa powder)

Overnight Oats



- 1/3 cup old-fashioned rolled oats
- 1/3 cup unsweetened almond, coconut or oat milk
- 1 tablespoon chia and/or flax seeds
- Add ingredients to a jar and refrigerate overnight

When ready to serve, top with sliced almonds, fruit, nut butter, honey or maple syrup

LUNCH

Bento Box Lunch: Option 1



- Steamed broccoli
- Carrots and/or celery with nut butter
- Handful of fresh berries or pineapple
- Deli meat roll-up with real cheese and leafy greens

Bento Box Lunch: Option 2



- Boiled egg
- Handful of nuts - almonds, cashews and walnuts
- Carrots and hummus
- Roasted Brussels sprouts
- Apple