FIT + REC

PEPPERONI PIZZA:
English Muffin + Pizza Sauce + Mozzarella Cheese + Turkey Pepperoni – Cook for Approx. 1 Minute.

HUMMUS WITH:
Pita, Melba Toast, Carrots, Celery, Pretzels

FIESTA ROLL UPS (in this order):
Tortilla + Cream Cheese + Turkey + Cheese + Salsa & Sour Cream Mixed Together + Lettuce

POUCHED TUNA SALAD:
Tuna + Light Mayo + Mustard + Pickle Relish (eat alone or with crackers/bread)

ANTS ON A LOG:
Celery + Cream Cheese + Raisins

COTTAGE CHEESE AND SUNFLOWER SEEDS OR FRUIT

POUCHED CHICKEN SALAD:
Chicken + Light Mayo + Dried Cranberries or Apples/Grapes + Walnuts (eat alone or with crackers/bread)

ELVIS SANDWICH:
Whole Wheat Bread + Reduced Fat Peanut Butter + Sliced Banana

LUNCH MEAT AND CREAM CHEESE ROLLS

NACHOS:
Baked Tortilla Chips + Salsa + Black Beans + Cheese + Sour Cream – Cook in 30 Second Intervals

REDUCED FAT PEANUT BUTTER OR NUTELLA WITH:
Apples, carrots, bananas, graham crackers, whole wheat bread or English muffin

SNACK IT UP!!

YOGURT WITH:
Granola, Fruit, Dried Fruit, Graham Crackers, or Nuts

PSEUDO BANANAS FOSTER:
Sliced Bananas + Smart Balance (tsp) + Cinnamon + Splenda – Warm in Microwave for 1 min. 30 sec.