

TABLE 3

SAMPLE MEALS

Breakfast	Overnight oats with blueberries and chia seeds	Breakfast tacos with beans and tofu scramble, avocado, and salsa	Whole wheat toast with strawberries and peanut butter
Lunch	Veggie fajitas with spanish rice	Falafel and hummus bowl	Thai-style stir-fry with bok choy over whole wheat noodles
Dinner	Chili and big salad with roasted veggies and cashew dressing	Pasta with marinara sauce, chickpeas, and arugula	Black bean and potato burritos with pico de gallo and a side salad
Snacks and Dessert	Carrot sticks with hummus	Apples with peanut butter or walnuts	Figs with cashew cheese