

Caroline's Choices

Day 1:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Pepperoni Pizza Slice

Snack: Oatmeal Raisin Cookie

Dinner: Chicken Ramen Bowl

Day 2:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Hot Dogs with Tostito Chips and Mexican Cheese

Snack: Homemade Nachos

Dinner: Annie's White Cheddar Mac and Cheese

Day 3:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Bacon Egg and Cheese Sandwich

Snack: Homemade Nachos

Dinner: Chick-fil-A Sandwich

Day 4:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Barberito's Burrito

Snack: Oatmeal Raisin Cookie

Dinner: Homemade Chicken Cordon Bleu

Day 5:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Homemade Nachos with Tostito Chips and Mexican Cheese

Snack: Pepperoni Pizza Slice

Dinner: Italian BMT Sub with Pickles

Day 6:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Dorm-made Mac and Cheese

Snack: Homemade Nachos

Dinner: Chicken Courdon Bleu (Homemade)

Day 7:

Breakfast: Cinnamon PopTart (Flavor of Choice) with Redbull

Lunch: Pepperoni Pizza Slice

Snack: Oatmeal Raisin Cookie

Dinner: Chick-fil-A Sandwich

Note: Make sure to stay hydrated throughout the day and balance meals with a variety of nutrients. Adjust portion sizes as needed based on individual dietary needs and activity levels.