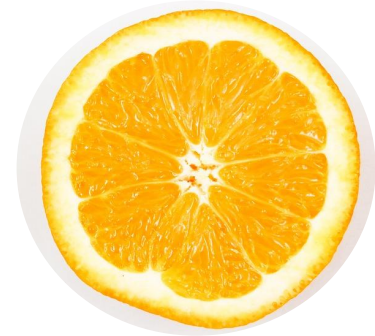
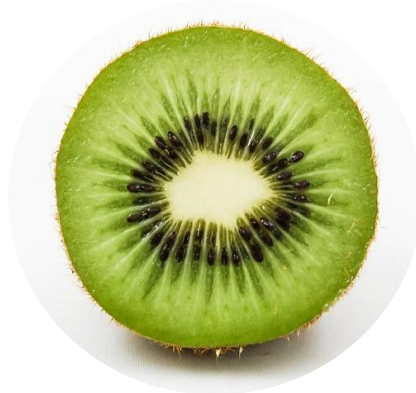


EASY EATS FOR TEENS

A Guide to Healthy Eating

INTRODUCTION

Juggling school work, after-school activities, and a social life with friends, it's no wonder teenagers struggle to eat healthy foods. This presentation is a guide to help teens make healthy food choices.



BREAKFAST POWER

- Peanut Butter Protein Bars
- Egg and Sausage Burritos
- Blueberry Muffins
- Fresh Fruit and Yogurt
- Green Monster Smoothie
- Sweet and Salty Trail Mix



LUNCH WITH A PUNCH

- Turkey Tortilla Wrap
- Egg or Tuna Salad Wrap
- Chicken Caesar Salad
- Salami, Olives & Cheese
- Veggie Pizza
- Whole Grain Bagel Pizza



SMART SNACKS

- Whole Wheat Pretzels
- Fresh Veggies & Hummus
- Low Fat Cheese Wrap
- Apple with Almond Butter
- Cream Cheese & Celery
- Fruit Kabobs & Yogurt



HEARTY DINNER

- Chicken Fajitas & Salsa
- Turkey & Spinach Lasagna
- Baked Salmon & Broccoli
- Baked Potato & Chili
- Veggie & Shrimp Stir Fry
- Broiled Chicken & Veggies

