

Breakfast

- Carbs
 - Oats
 - Low sugar, whole grain cereal (think Cheerios, Rice Krispies, Special K)
 - Whole wheat bread/muffins/bagels
 - Bananas/berries
 - Waffles/pancakes
 - Kodiak cake premix breakfast muffins/oats
 - Orange juice/fruit juice
- Fats
 - Peanut butter/almond butter
 - Cream cheese
 - Nuts (peanuts, almonds, cashews)
 - Whole eggs
 - Bacon
- Protein
 - Yogurt/cottage cheese
 - Protein shake/powder
 - Sausage
 - Protein bar

Lunch

- Carbs
 - Whole wheat wraps
 - Whole wheat bread/muffins
 - Noodles
 - Rice (brown or white)
 - Popcorn / popcorn chips
 - Banana
- Fats
 - Cheese
 - Whole eggs
 - Nuts (peanuts, almonds, cashews)
- Protein
 - Lunch meat (turkey, chicken, ham)
 - Chicken breast
 - Ground turkey
 - Sausage
- Vegetables
 - Broccoli/cauliflower
 - Green beans
 - Bell pepper
 - Cucumber

Dinner

- Carbs
 - Rice
 - Whole wheat bread/wraps
 - Noodles
- Fats
 - Cheese
 - Whole eggs
 - Bacon
- Protein
 - Chicken breast
 - Ground turkey/beef
 - Sausage
 - Lunch meat (turkey, chicken, ham)
- Vegetables
 - Broccoli/cauliflower
 - Green beans
 - Bell pepper

Snack

- Carbs
 - Cucumber
 - Bell pepper
 - Carrots
 - Banana/berries
 - Popcorn / cleaner chips (Popcorners, whole grain chips, pretzels)
- Fats
 - Cream cheese
 - Honey
 - Peanut butter/almond butter
- Protein
 - Protein bar/shake/powder
 - Yogurt/cottage cheese
 - Beef/chicken jerky