

Meal/Snack Ideas

Peanut Butter + Spouted Grain Wrap + Banana

Greek Yogurt + Honey + Chia Seeds + Almonds + Blueberries

Homemade Trail Mix (dark chocolate, Kashi cereal, dried cherries, walnuts, popcorn, etc.)

Cottage Cheese + Peaches

Sliced peppers + Whole Grain Crackers + String Cheese

Salmon + Whole Grain Toast + Baby Bell Cheese

Tuna packet + tossed salad + raspberries

High protein smoothie

Mason Jar Salads Recipe: In this order – balsamic vinaigrette, chickpeas or beans, tomatoes, cucumbers, poultry, greens

Slow Cooker Salsa Chicken: Chicken + Salsa + Black Beans + Corn

Stir Fry Recipe <http://www.rotinrice.com/2015/08/sugar-snap-peas-and-shrimps-stir-fry/>

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