



Ideas for WLS Breakfast Lunch and Snacks



Breakfast

- Make ahead chicken sausage patties*
- Pre-Cooked Turkey Sausage* (Jimmy Dean or Morning Star)
- Greek Yogurt (plain with thawed frozen berries or shop for more protein than carbs)
- Cottage Cheese with 1/4 cup blueberries
- Protein Pancakes*
- Protein Oatmeal*
- Protein Bar*
- Egg Muffin Cups*
- Omelette*
- Parmesan Eggs*

Lunch

- Shrimp Ceviche* (Classic or Tropical)
- Salad in a Jar* (ex: Taco Salad, Mixed Greens with Chicken)
- Make ahead Cucumber Greek Salad*
- Tuna Salad with Cucumber Slices
- Deli Meat Rollup or Lettuce Wrap*
- Chicken Salad* (several varieties such as Buffalo, BLT or Classic)
- Salad Kit with pre-cooked chicken (sub for own dressing and/or omit croutons/chips if needed)

Snack

- Cheese Stick
- Hard Boiled Egg
- Cottage Cheese
- Greek Yogurt
- Deli meat with cheese cubes
- Raw veggies with 2 tbsp hummus, salsa or Laughing Cow Cheese
- Beef or Turkey Jerky
- Celery with PB2 mixed with water
- Protein Bar
- Protein Chips
- Edamame (frozen or dried)
- Sugar Free Jello Cup or Popsicle
- Diet Hot Chocolate or Decaf/Herbal Tea