

VICTORY FITNESS CENTER

Healthy Breakfast Choices

Hard Boiled Egg and One Piece of Wheat Toast Lightly Buttered

Oatmeal without added sugar. Adding fruit to any cereal is ok.

Healthy Breakfast bar or shake

Cheerios

Shredded Wheat

Yogurt with Fruit and Granola

Fruit

Healthy Lunch Choices

Salad with dressing on the side-light on the cheese. Protein added is good
(Chicken/Boiled Egg)

Turkey, Tuna or Chicken Sandwich with veggies- light on Mayo and light on the cheese! Go for dark breads or pita wraps. Subway if you can't pack ahead. Lean Cuisines are portion-ready, though not our favorite because of high sodium. However, that's better than skipping lunch and they are pretty yummy 😊

Snacks

Light Popcorn is great if you need a salty crunch. Try a chocolate pudding cup if you are dying for chocolate. A small amount of almonds, some yogurt, fruit, or veggies are also great. Look for produce that actually comes out of the ground or grows on trees.

Healthy Dinner Choices

Chicken, Tuna, Fish (not breaded or fried). Aim to fill your plate with 1 protein, 1 carb and 1 vegetable. Watch your portion sizes (palm of hand size)