For a well-balanced meal, aim for all 3 macronutrients by including 3 or more food groups with at least one fruit or vegetable and one protein or dairy source.

**Breakfast**

- **Apple with peanut butter, yogurt** *(Cafes, Juice 2, Oxley’s By the Numbers, C-Stores)*
- **Avocado toast with fruit, yogurt or milk** *(12th Ave. Bread Co., Sloopy’s Diner)*
- **Breakfast sandwich - Whole grain bagel or muffin, egg, and cheese, paired with whole fruit** *(Oxley’s by the Numbers, 12th Ave. Bread Co., Sloopy’s Diner, Marketplace on Neil Coffee Shop, Postle Cafe)*
- **Eggs (your choice), red skin potatoes, fruit** *(Traditions)*
- **Egg omelet** - Design your own! Choice of mushroom, onion, spinach, peppers, tomato, bacon, ham, plant based sausage, cheddar-jack, feta, or pepper jack cheese *(Traditions)*
- **From the Garden** - one egg and two egg whites with onion, broccoli, green pepper, mushroom, tomato, and Monterey jack cheese. *(Sloopy’s Diner)*
- **Granola bar, yogurt or cheese stick, whole fruit or 100% fruit juice** *(C-stores, Cafes, Grab ‘n Go locations)*
- **Greek yogurt with fruit, granola, and nuts** *(C-stores, Cafes, Grab ‘n Go locations)*
- **Honey grain whole wheat bagel with peanut butter, fruit** - Whole grain bagel spread with peanut butter, paired with grapes and cheese cube cup *(12th Ave Bread Co., Juice2, Cafes)*
- **Oatmeal & fruit** - Whole grain steel cut oats made with milk and topped with your favorite fruit (ex. raisins, blueberries, raspberries, strawberries ), and a side of 2 eggs *(Sloopy’s Diner & Traditions)*
- **Sambazon bowl**—Acai berries topped with fruit and granola, mix in protein powder *(Juice 2, Connecting Grounds, and Espresso-OH)*
- **Tropical Green Smoothie** - pineapple, banana, spinach, protein powder, soy milk with nuts *(Juice 2)*
- **Whole grain cereal with milk, fruit with nuts or nut butter** *(C-stores, Traditions)*

**Lunch & Dinner**

- **Assorted Sushi** - Rice, fish, avocado, carrot and cucumber and 8 oz of Braised Beef and Vegetable Soup *(Marketplace, Curl Market, Union Market)*
- **Burrito Bowl** - Design your own! Brown rice, tofu or meat, black beans, veggies, corn salsa, lettuce and guacamole *(Curl Market, Oxley’s by the Numbers)*
- **Rainbow Bowl** - Bed of udon wheat noodles and lettuce, bell peppers, carrots, cabbage, and edamame. Top with seared tofu, salmon, or grilled chicken *(Courtside)*

Did you know?

Only 5% of OSU students get the recommended servings of 5 or more fruits and vegetables per day!
Lunch & Dinner

- **Deli Sandwich** - Turkey, whole grain bread, lettuce, tomato; paired with cheese or milk *(Marketplace, Union Market Dough-hi-o, Oxley’s By the Numbers)*

- **Grain Bowl** - Build your own! Brown rice with grilled chicken or tofu and choice of roasted vegetables *(Marketplace, Union Market)*

- **Grilled Chicken Sandwich** - Chicken on a whole wheat bun, lettuce, tomato, cheese *(Union Market)*

- **Hummus Box** – Hummus with veggies (cucumbers, tomatoes, carrots), and multi-seed crackers *(Courtside and other Grab ‘n Go places)*

- **Korean Chicken Taco** - BBQ Chicken, green onion, pickled sauce, and cilantro. Apple & peanut butter cup on side *(Thyme & Change 1.0)*

- **Lentil Pasta** - lentil pasta, choice of protein, onions, spinach, marinara, and cheese *(Courtside, Union Market, and Traditions)*

- **Mongolian Stir Fry** - Build your own! Mongolian wok meat or tofu, sautéed veggies, long grain rice and teriyaki sauce *(Scott Traditions)*

- **Pasta Bowl: Whole wheat penne or lentil pasta, meat sauce, side salad, milk** *(Traditions, Union Market, Marketplace, Curl Market, Courtside)*

- **Power Green Salad** - Kale, quinoa, red grapes, romaine lettuce, blueberries, strawberries, almonds, and feta cheese *(Cafés, Curl Market, other Grab ‘n Go locations)*

- **Salad Bar** - Build your own! Meat or meat alternative (chicken, turkey, edamame, eggs, tofu), cheese, assorted veggies, dressing *(Traditions, Union Market, Marketplace)*

- **Soup, mixed vegetables, rice** - Red beans, assorted vegetables, herbed rice pilaf *(Morrill Traditions)*

- **Chicken & Rice Bowl** - Grilled chicken, bell peppers, carrots, basil, cucumbers, onions, broccoli, mushrooms, rice, teriyaki sauce *(Marketplace)*

- **Turkey and Muenster Sandwich** - With lettuce and tomato on wheat, add side of fruit *(Grab ‘n Go locations)*

- **Ultimate Veggie Club** - Roasted red pepper hummus, tomatoes, red onion, cucumber, sprouts, and spinach on Seedlicious bread and greek yogurt *(12th Ave. Bread Co.)*

- **Vegetable beef soup, whole grain toast, apple, milk** *(Traditions)*

- **Vegetarian Burger** - made with brown rice, soybeans, vegetables. Try on whole grain bun with side of fruit *(Union Market and Traditions)*

- **Chicken & Kale Salad** - Kale, sunflower seeds, feta cheese, grilled chicken, and dried cranberries dressed in a herbal vinaigrette *(Cafes and Grab ‘n Go locations)*