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

**Breakfast**

Greek yogurt with fruit, granola, and nuts
Whole grain cereal with milk, fruit with nuts or nut butter
Granola bar, yogurt or cheese stick, whole fruit or 100% fruit juice
Eggs (your choice), red skin potatoes, fruit compote (Kennedy Commons)

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)

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. other cafes?)

Tropical Green Smoothie - pineapple, banana, spinach, protein powder, soy milk with nuts (RPAC Juice 2)

Sambazon bowl — Acai berries topped with fruit and granola, mix in protein powder (RPAC Juice 2 or Espress-OH)

Bagel sandwich - Whole grain bagel, egg, cheese, paired with whole fruit (Oxley’s by the Numbers Café)

Egg Omelet - Design your own! Mushroom, onion, spinach, peppers, tomato, bacon, ham, cheddar cheese blend, Monterey jack (Kennedy Traditions, Scott Traditions)

From the Garden - one egg and two egg whites with onion, broccoli, green pepper, mushroom, tomato, and Monterey jack cheese. (Sloopy’s Diner)

**Lunch & Dinner**

Penne with whole wheat noodles, meat sauce, side salad, milk (Traditions, Union Market, Marketplace)

Vegetable Beef soup, whole grain toast or roll, apple, milk (Traditions, Union Market, Marketplace)

Deli Sandwich - Turkey, whole grain bread, lettuce, tomato; paired with cheese or milk (Marketplace, Union Market Deli, Oxley’s).

Veggie Tofu wrap - Tortilla with tofu, cheese, veggies and dressing (Marketplace Deli)

Curry Chickpea Wrap - Tortilla with chickpeas, raisins, veggies, dressing (Cafes and other grab’n go places)

Chipotle Quinoa and Vegetables - Quinoa, black beans, tomatoes and corn (RPAC Courtside)

Hummus Box – Hummus with veggies (cucumbers, tomatoes, carrots), yogurt, and multiseed crackers (RPAC Courtside and other grab ‘n go places)

Burrito Bowl - Design your own! Brown rice, tofu or meat, black beans, corn salsa, lettuce and guacamole (Curl Market)

Did you know?
Only 5% of OSU students get the recommended servings of 5 or more fruits and vegetables per day!
(ACHA, 2018)
Lunch & Dinner, continued

*Black Bean Quinoa Burger* - Quinoa, black bean, mushrooms, avocado, tomato on whole wheat bun *(RPAC Courtside)*

*Mediterranean Veggie Wrap* - Artichoke hearts, bell pepper, eggplant, and mushroom in a whole wheat tortilla with greek yogurt *(RPAC Courtside)*

*Chipotle Quinoa with Lime Cream* - Chipotle seasoned quinoa with roasted corn, tomatoes, and black beans covered in a lime cream sauce with grilled chicken *(RPAC Courtside)*

*Vegetarian Burger* - Burger made from brown rice, roasted corn and bell peppers, and 2 hard boiled eggs *(Union Market and Traditions)*

*Turkey and Muenster Sandwich* - With lettuce and tomato on wheat *(Oxley’s)*

*Thai Chicken & Rice* - Grilled chicken, bell peppers, carrots, basil, celery, onions, broccoli, mushrooms, rice, lime plum sauce and crush peanut *(Marketplace)*

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

*Lentil Pasta* - lentil pasta, vegetarian crumbles, onions, spinach, marinara, and cheese *(Union Market, and Traditions)*

*Assorted Sushi* - Rice, fish, avocado, carrot and cucumber and 8 oz of Braised Beef and Vegetable Soup *(Marketplace, Curl Market)*

*Soup, mixed vegetables, rice* - Red beans, Caribbean vegetable blend, herbed rice pilaf *(Morrill Commons)*

*Beef Empanada* - beef empanada, side salad with fruit and cheese, and milk *(Scott Traditions)*

*Korean Chicken Taco* - BBQ Chicken, green onion, pickled sauce, and cilantro *(Thyme & Change)*

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

*Power Green Salad* - Kale, quinoa, red grapes, romaine lettuce, blueberries, strawberries, almonds, and feta cheese *(Terra Byte Café, Curl Market)*

*Asian Chicken Salad* - salad, with a whole grain bagel *(Grab ’n go locations)*

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

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

*Grain Bowl* - Build your own! Brown rice with grilled chicken and roasted vegetables *(Marketplace)*

*Southwest Chicken & Quinoa Bowl* - Quinoa, black beans, cheese and leafy greens topped with grilled chicken *(Grab ’n go locations)*