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**

- Protein bar/shake, fruit with nuts or nut butter
- Soy yogurt topped with fruit and nuts
- Smoothie with fruit, soy milk, protein powder, nut butter or seeds
- Whole grain cereal with soy milk, banana slices, and nuts
- Scrambled tofu with sautéed vegetables and avocado, soy milk
- Oatmeal made with soy milk, protein powder, fruit, nuts or nut butter
- Half whole wheat bagel with nut butter and banana slices, 1/2 protein shake
- Breakfast burrito with tofu scramble, diced vegetables, black beans, guacamole and salsa wrapped in a whole wheat tortilla with plain soy yogurt
- Peanut butter & banana smoothie with soy milk *(Courtside Juice 2)*
- Tropical green smoothie with pineapple, banana, spinach, soy milk and added protein powder *(Courtside Juice 2)*

**Lunch & Dinner**

- Peanut butter and banana sandwich on whole grain bread, soy yogurt
- Stir-fry with tempeh, edamame, sautéed vegetables, brown rice or quinoa
- Whole wheat spaghetti, marinara sauce with soy crumbles, steamed broccoli, soy milk
- Tacos with soy crumbles, diced vegetables, guacamole, plain soy yogurt, whole wheat tortilla
- Lasagna with tofu, garlic hummus, mixed vegetables, nutritional yeast
- Tamari Marinated Kale Grain Bowl and a protein bar *(Union Market)*
- Chili– Chipotle Garden Vegetable with tofu from the salad bar, fruit on the side, *(Union Market)*
- Black Bean Hummus Wrap, apples with peanut butter on the side *(Union Market)*
- Curried Chickpea Wrap, apples, and nuts on the side *(Union Market)*
- Chipotle Sweet Potato Grain Bowl with tofu, edamame, and pumpkin seeds *(Union Market)*
- Seared Tofu, Sautéed Vegetables with Garlic Aioli, with soy yogurt *(Courtside Café)*
- Tofu Stir Fry & Light Plum Sauce with added soy crumbles *(Courtside Café)*
- Black Bean Quinoa Burger, soy yogurt, fruit *(Courtside Café)*