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
- Nut bar, greek yogurt or cottage cheese, fruit
- Parfait with greek yogurt, fruit, granola, nuts or seeds
- Whole grain cereal with milk and banana slices
- Omelet with cheese and veggies, fruit or 100% fruit juice
- Whole grain toast with avocado and eggs
- Smoothie with fruit, milk, protein powder, nut butter or seeds
- Oatmeal made with milk and protein powder, topped with fruit and nuts
- Half whole wheat bagel with nut butter and banana slides, 1/2 protein shake
- English muffin with egg and cheese, fruit or 100% fruit juice

**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
- Falafel Gyro—lettuce, peppers, caramelized balsamic onions, feta cheese, tzatziki sauce on pita *(Union Market)*
- California Burger—Luna burger with avocado, cheese, greens and tomato salsa *(Union Market)*
- Black Bean Hummus Wrap—lettuce, peppers, onion, carrots, corn, tomato, black beans, and hummus *(Union Market)*
- Southwestern Wrap — roasted corn and black beans, chili lime rice, salsa, guacamole, cheese, and shredded lettuce *(Oxley’s By The Numbers)*
- Chipotle Quinoa with Lime Cream — Quinoa with chipotle peppers, beans, tomatoes, and corn with a lime cream sauce *(Courtside Café)*
- Tofu Stir Fry with Plum Sauce — seared tofu, mixed vegetables, jasmine rice, plum sauce *(Courtside Café)*

**Did you know?**

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

*(ACHA, 2018)*