Greek Yogurt + Berries



- Protein: Greek Yogurt
- Fiber: Berries, Nuts, Whole Grain Cereal

Cottage Cheese + Avocado Toast



- Protein: Cottage Cheese
- Fiber: Avocado, Whole Grain Bread

Chicken + Vegetables + Brown Rice



- Protein: Chicken, Milk
- Fiber: Vegetables, Brown Rice

Lentils + Yogurt Raita



- Protein: Lentils, Raita
- Fiber: Lentils, Tomato, Onion, Garlic

Cheese + Apples



- Protein: Cheese
- Fiber: Apple

Vegetable Chili + Shredded Cheese



- Protein: Beans, Cheese
- Fiber: Beans, Tomato, Corn

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