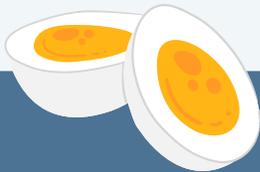


What to eat when you are too tired to cook

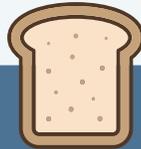
Keep it simple! Stock up on food group foods.

Select foods from any 3 different columns to get a balanced meal quickly.



PROTEINS

Bag of Tuna
Peanut butter
Chickpeas
Nuts
Eggs



GRAINS

Slice of Bread
Tortilla
Breakfast Cereal
Oatmeal
Crackers



DAIRY/ NON-DAIRY

Cheese
Glass of Milk
Yogurt



FRUITS

Fresh Apple, Orange or Banana
Canned Peaches, Pears, Pineapple
Prunes, Raisins, Dried Fruit
Applesauce



VEGETABLES

Raw Carrot or Celery
Canned Corn
Frozen Vegetables
Bag of Pre-made Salad

EXAMPLES

- Breakfast Cereal, Milk, Banana (even for dinner)
- Peanut Butter Sandwich and Yogurt
- Scrambled Eggs on a Flour Tortilla and a Carrot