

# Whitewater Nutrition

## Power Lunch

The key to a healthy diet is to have food prepared everyday. Stop eating out or grabbing something on the go! It's almost impossible to make a healthy choice. Plan out your meals such as this great lunch which includes a snack. We suggest eating the snack mid-afternoon a few hours after you eat lunch to hold you over until dinner time.

### Sandwich

- 2 slices whole wheat bread
- 8 slices turkey or ham
- 1 slice cheese

(We suggest regular mustard because it has zero calories if you would like condiments.)

### Side

- Romaine Lettuce
- 2 tbsp. parmesan cheese

### Snack

- low calorie yogurt cup

### Estimated Nutrition Facts Lunch (Snack):

Calories: 360 (120) Fat: 8g (1g) Carbohydrates: 40g (15g) Fiber: 6g (0g) Protein: 19g (6g)

