

EAT THIS

Turkey sandwich on whole-wheat bread w/ lettuce and tomato

Bowl of fiber cereal

Apple

Baked sweet potato

Frozen yogurt with berries

Greed salad with tomatoes

Bean or lentil soup

Grilled chicken

Pasta with meat sauce

Dark chocolate

Walnuts

Granola bar

Sliced raw vegetables with hummus

Diet Coke

Baked salmon

Whole-wheat pita pizza

Peanut butter toast

Bran muffin

Egg-white omelet with vegetables

Cup of coffee

NOT THAT

Roast beef and cheese sandwich on white bread w/o vegetables

Bowl of fruit loops

Canned fruit

French fries

Ice cream with chocolate sauce

Potato salad

Cream-based soup

Fried chicken

Macaroni and cheese

Truffles

Chocolate turtle

Chocolate chip cookie

Chips

Regular coke

Fish sticks

Personal pizza

Buttermilk pancakes with maple syrup

Donut

Fried egg

Frappuccino

