



WHOLE FOOD CHALLENGE

CUT BACK PROCESSED FOODS BY SUBBING WHOLE FOODS

Measure and pre-pack weekly foods so they can be enjoyed as a healthy grab-and-go snacks, meals, drinks, and desserts over the course of the week,

Here are a few ideas to get you started:

Grab and Go Snacks:

Nuts (feeling adventurous? Roast your own!)

Frozen grapes

Fruit-infused water

Homemade trail mix or nuts with dried fruit and a little bit of dark chocolate

Veggies/pretzels/rice cakes and hummus or a Veggie Dill Dip

Rice cakes or pretzels with nut butter or white bean guacamole

Kind or whole-food granola bars

Low-Sodium Turkey Jerky

Fresh Fruit, fruit cup in 100% fruit juice

Unsweetened applesauce

Roasted Chickpeas or edamame

Hard Boiled Eggs

Low Fat String Cheese

Energy balls

Kale or sweet potato Chips



Breakfast

Smoothies

[Chia Puddings](#)

[Overnight Oats](#)

[Savory Oats](#)

[Vegetable Frittata](#)

[Baked Oats](#)

[Breakfast Sandwiches](#)

[Yogurt parfaits](#)

Sourdough or multi-grain toast spread with nut butter, cinnamon, and honey

[Cottage Cheese Bowls](#)

Lunch

Make extras for dinner and pack the leftovers for an easy grab-and-go lunch the next day

Plan ahead for the week, and pack them all at once:

[Easy meals](#)

[Lunchables for the kids](#)

[Salads](#)

Chop up a rotisserie chicken for sandwiches, salads through the week

Desserts

[zucchini and oat cookies](#)

[pumpkin-oatmeal-banana cookies](#)

[frozen grapes](#)

Whole Fresh fruit

[Baked apples](#)

Drinks:

[Fruit Infused water](#)

Kombucha

Green and herbal teas

Coconut water