

OGGXTM PRO MEAL

A Pro Meal is a healthy type of snack that consists of protein and healthy carbs. Enjoy!



PRO MEAL SUGGESTIONS

PROTEIN SOURCE

HEALTHY CARB

String cheese stick, 1 small apple	String cheese stick	Apple
1 cup 1% cottage cheese, 1 Apple	Cottage cheese	Apple
1 apple, 1 tbsp Peanut Butter	Peanut butter	Apple
4 celery sticks, 2 tbsp Peanut Butter	Peanut butter	Celery sticks
1/2 cup raw carrots, 1/4 cup ricotta cheese for dipping with 1 tsp ranch dressing mix	Ricotta cheese Skim	Carrots

PRO MEAL SUGGESTIONS**PROTEIN SOURCE****HEALTHY CARB**

1 cup 1% cottage cheese, ½ cup blueberries	Cottage cheese	Blueberries
¾ cup low sugar cereal, 1 cup skim milk	Skim milk	Cereal
1 cup 1% cottage cheese, ½ cup grapes	Cottage Cheese	Grapes
¾ cup multi-grain cereal, 1 cup skim milk	Skim milk	Cereal
4 oz./113 g Tuna, 1tbsp Mayonnaise, cucumber rounds	Tuna	Cucumber
1 cup 1% cottage cheese, ½ cup sliced strawberries	Cottage Cheese	Strawberries
1 apple, 15 raw almonds	Almonds	Apple
12 pita chips, 3 tbsp Hummus	Hummus	Pita
10 raw almonds, 1 pear	Almonds	Pear
1 cup unsweetened applesauce, 15 raw almonds	Almonds	Apple sauce
¼ cup walnuts, ½ Orange, 1 cup skim milk	Milk, Walnuts	Orange
1 hardboiled egg, ½ cup carrots	Egg	Carrots
4 celery sticks with 1 tbsp. almond butter, topped with 12 raisins	Almond butter	Celery, Raisins
1 piece beef jerky, apple	Beef jerky	Apple
½ cup edamame	Edamame	Edamame
Low Calorie Greek Blueberry Yogurt, ½ cup blueberries	Greek yogurt	Blueberries

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Low Calorie chocolate yogurt, 1/2 cup raspberries	Greek yogurt	Raspberries
1/4 cup or 2 oz Chicken Salad on 5 whole wheat crackers	Chicken salad	Crackers
1/4 cup egg salad on a rice cake	Egg salad	Rice cake
Medium Banana cut into rounds or halves with 1 tbsp peanut butter, sprinkled with crushed pistachios	Peanut butter	Banana
1/3 cup black bean dip with 1 cup fresh cut bell pepper (red, green) strips	Black beans	Veggies
4 oz. Tuna, 1 tbsp Mayonnaise, Rice Cake	Tuna	Rice Cake
1 tbsp Almond butter on rice cake, with 1 tsp strawberry jelly	Almond butter	Rice cake
1 Low calorie lemon greek yogurt topped with 1/2 cup blueberries	Greek yogurt	Blueberries
Pop some popcorn, toss with a scoop of vanilla shake mix.	Vanilla Shake	Popcorn