



Breakfast at the Office



Finding healthy meals you can eat while in the office can sometimes be a challenge but Fork Friendly is here to help! Each table below represents amazing lunches and how to build a well-rounded meal. Stack ingredients to create higher or lower-calorie options depending on your hunger levels.



TIP: Use the colors to understand which food group an item belongs to.

Veggie



Protein



Fat



Carb



Dairy



Egg & Turkey Power Up

Click images to find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Egg & Turkey Power Up
	120	2	2 Nest Fresh Cage Free Hard Cooked Boiled Egg
	80	3	Turkey Jerky
300	45	10	1 Dole No Sugar Added Mandarin Orange
400	70	0	String Cheese Stick
500	150	15	1 pkg Gourmet Power Up
Total Carb		30	

Light options!



Moderate options!



Complete options!



Protein Packed Breakfast



Calorie Options	Calories Per Serving	Carbs Per Serving	Protein Packed Breakfast
	120	2	2 Applegate Natural Chicken & Maple Breakfast Sausage
	80	6	Chobani Original Non-Fat Plain Greek Yogurt
300	65	15	1 c Mixed Berries
400	100	0	100 Pack Nuts
500	90	8	Mini Kind Bar
Total Carb		31	

Yogurt & Granola



Calorie Options	Calories Per Serving	Carbs Per Serving	Yogurt & Granola
	80	9	Dannon Light & Fit Nonfat Vanilla Greek Yogurt
	100	21	1/4 c Bear Naked Fit Triple Berry Granola Cereal
300	100	0	100 Pack Nuts
400	90	8	1 Mini Kind Bar
500	70	0	String Cheese
Total Carb		38	

Cottage Cheese & Crackers



Calorie Options	Calories Per Serving	Carbs Per Serving	Cottage Cheese & Crackers
	110	11	Breakstone's Lowfat Cottage Cheese & Pineapple
	90	16	9 Blue Diamond Multi-Seed Crackers
300	100	5	1 Yucatan Guacamole Pack or 1/4 lg fresh Avocado
400	100	7	Muscle Milk 100
500	100	0	100 Pack Nuts
Total Carb		39	

Oatmeal Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Oatmeal Bowl
	180	32	Think! Protein and Fiber Farmer's Market Berry Crumble Oatmeal
300	100	2	Muscle Milk 100
400	100	0	100 Calorie Nut Pack
500	60	15	2 Tbsp Mini Box Raisins
Total Carb		42	

Bagel & Cream Cheese



Calorie Options	Calories Per Serving	Carbs Per Serving	Bagel & Cream Cheese
	100	20	Pepperidge Farms WW Mini Bagel
	80	2	2 Tbsp Creamed Cheese
300	100	7	Muscle Milk 100
400	65	15	1 c Mixed Berries
	70	0	String Cheese
500	100	0	100 Calorie Nut Pack
Total Carb		44	

Breakfast Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Sandwich
	270	31	Jimmy Dean Delights English Muffin Turkey, Egg White & Cheese
300	25	6	Diced Peaches Fruit Cup
400	90	7	Breakstone's Small Curd 2% Cottage Cheese, Snack Size
500	100	0	100 Calorie Pack Nuts
Total Carb		44	

Egg White & Kale Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Egg White & Kale Bowl
	200	22	Dr. Praeger's Egg Whites & Kale Breakfast Bowl
300	80	20	Medium Apple
400	110	3	1 Tbsp Justin's Almond Butter
500	100	0	2 String Cheese
Total Carb		45	

Egg & Turkey Burrito



Calorie Options	Calories Per Serving	Carbs Per Serving	Egg & Turkey Burrito
	230	29	El Monterey Egg, Turkey, Sausage, & Cheese
300	100	5	1 Yucatan Guacamole Pack or 1/4 lg fresh Avocado
400	50	12	2 Diced Peaches Fruit Cup
500	100	0	100 Calorie Nut Pack
Total Carb		46	

Cereal & Almond Milk



Calorie Options	Calories Per Serving	Carbs Per Serving	Cereal & Almond Milk
	95	23	1/2 C Frosted Mini Wheats Cereal
	30	1	1 C Unsweetened Vanilla Almond Milk
	100	0	100 Calorie Pack Nuts
300	60	15	2 Tbsp Mini Box Raisins
400	100	0	2 String Cheese
500	90	8	1 Mini Kind Bar
Total Carb		46	

Nutty Waffles



Calorie Options	Calories Per Serving	Carbs Per Serving	Nutty Waffles
	190	33	2 Nature's Path Organic Buckwheat Wildberry Gluten-free Waffles
300	110	3	1 Tbsp Justin's Almond Butter
400	120	12	Horizon 1% Milk
500	100	0	100 Calorie Pack Nuts
Total Carb		48	