



# Breakfast -In the Car

Finding healthy meals you can eat behind the wheel can sometimes be a challenge but Fork Friendly is here to help! Each table below represents some of your favorite restaurants 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.

Veggies

Protein

Fat

Carb

Dairy



## French Toast Sticks

Pack these from home!

Click images to find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Whooper Meal
	170	32	Kids Oatmeal
300	90	13	Fat Free Milk
400	100	0	100 Calorie pack Nuts
500	100	0	100 Calorie pack Nuts
<b>Total Carb</b>		<b>45</b>	

Light options!  
Moderate options!  
Complete options!





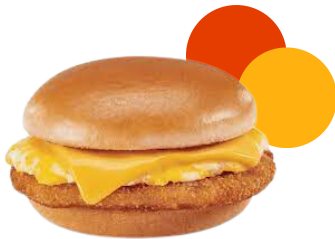
## Egg Sandwich & Fruit



Calorie Options	Calories Per Serving	Carbs Per Serving	Egg Sandwich & Fruit
300	290	29	Egg White Grill
	60	15	Medium Fruit Cup
400	50	1	String Cheese
500	100	1	100 Nut Pack
Total Carb		46	



## Breakfast Jack

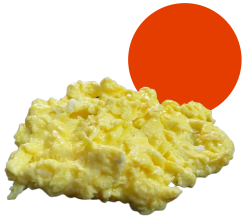


Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Jack
300	350	30	Breakfast Jack
400	45	10	Tree Top Apple Sauce Pouch
500	120	4	Wholly Guacamole Mini (1)
Total Carb		44	





# English Muffin & Scrambled Eggs



Calorie Options	Calories Per Serving	Carbs Per Serving	English Muffin & Scrambled Eggs
	150	2	Scrambled Eggs
	140	27	Dry English Muffin
300	15	4	Apple Slices
400	70	3	Smokehouse Turkey Jerky
500	60	15	Sunmaid Raisins Packet
<b>Total Carb</b>		<b>51</b>	



# Bagel Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Bagel Sandwich
300	350	39	Avocado, Egg White, Spinach & Cheese on Bagel
400	60	17	Fruit Cup
500	86	4	Planters Lightly Salted Peanuts (2 Tbsp)
<b>Total Carb</b>		<b>60</b>	



## Breakfast Burrito



Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Burrito
	290	22	Jr. Breakfast Burrito
300	45	13	Tree Top Apple Sauce
400	50	8	Yoplait Go-Gurt
500	120	4	Wholly Guacamole (1)
<b>Total Carb</b>		<b>47</b>	



## Fresco Taco



Calorie Options	Calories Per Serving	Carbs Per Serving	Fresco Taco
300	290	34	2 Fresco Shredded Chicken Soft Tacos
400	100	0	100 Pack of Almonds
500	100	2	String Cheese (2)
<b>Total Carb</b>		<b>36</b>	



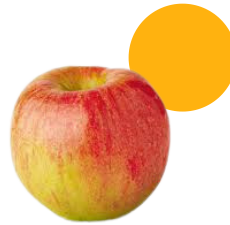
## Bacon, Egg & Cheese Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Bacon, Egg & Cheese Meal
300	320	25	Bacon, Egg & Cheese Sandwich
400	70	16	Apple Bites (2)
500	100	1	Almonds
<b>Total Carb</b>		<b>42</b>	



## Bagel & Nut Butter



Calorie Options	Calories Per Serving	Carbs Per Serving	Bagel & Nut Butter
	100	20	Pepperidge Farm Mini Whole Wheat Bagel
300	190	7	Justin's Almond Butter Packet
400	60	15	Small Apple
500	140	0	Baby Bell (2)
<b>Total Carb</b>		<b>42</b>	



## P3 Breakfast

FORK FRIENDLY



Calorie Options	Calories Per Serving	Carbs Per Serving	Raisin Bread & Cream Cheese
	160	4	P3 Turkey, Almond, Colby Jack Pack
300	105	22	1/2 Cup Quaker Oats Brown Sugar Squares
400	100	7	Chocolate Muscle Milk Zero
500	60	15	Sunmaid Raisins
<b>Total Carb</b>		<b>48</b>	



## Protein Shake



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Chalupa Meal
	160	5	Premier Protein Shake
300	120	30	Banana
400	100	1	100 Nut Pack
500	180	16	Dark Chocolate Nuts & Sea Salt Kind Bar
<b>Total Carb</b>		<b>52</b>	





# Waffles & Shake



Calorie Options	Calories Per Serving	Carbs Per Serving	Waffles & Shake
	75	3	Protein Shake Ensure Light
300	260	34	Kodiak Cakes Blueberry Power Waffle (2)
400	70	16	GoGo Squeez Apples Pouch
500	100	1	100 Nut Pack
<b>Total Carb</b>		<b>54</b>	