

## Breakfast Ideas

- Bowl of cereal
- Bowl of oatmeal
- Bagel w/ cream cheese or jam
- Breakfast sandwich (One of my favorite!)
  - Egg
  - Ham
  - Sausage
  - Cheese
  - Avocado
- Breakfast Burrito

## Lunch Ideas

- Classic Sandwich
  - Turkey, Roast Beef, Ham
  - Cheese: Swiss, Pepper Jack, Colby Jack, Cheddar, American, Provolone
  - Toppings: tomatoes, lettuce, onion, mustard, mayo, butter
  - Peanut Butter, Jelly, Honey
- Salad
- Small bag of chips
- Fruits
- Veggies
- Something sweet: brownie, chocolate chip cookies
- Leftovers from the meal you cooked the night before?

What do *you* eat for breakfast? What about lunch?

Remember, if you do decide to pack yourself a large salad thinking that will help with your weight loss, it might not. Be careful how much stuff you are putting on the salad, especially dressing. I have seen overweight people eat salads literally for almost every meal, but the size of the salad and the amount of dressing that they put on was mind-blowing to me. There *is* such a thing as *too much of a good thing*.

## 30 Days on Cheese