



free
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tip
card

work • business



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healthy tips



- If you're grabbing a quick lunch at work, one slice of plain pizza is a better choice than a deli sandwich and chips, or a high-fat fast food meal.
- Keep a water bottle at your desk to help you drink at least 64oz / 2L of water each day.
- Bring some L A Lites to work for a satisfying treat.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Muffin , bakery style, any variety, 1/2				2		1
Turkey Sandwich , 2 slices light bread, 2oz / 60g turkey breast, lettuce, mustard	1/2			1		
Peanut Butter Crackers , 1, 1.4oz / 39g package				2		1
Chicken Caesar Salad , no dressing or croutons	1	2				

use foods not on your menu plan in moderation