

Build a Healthy Sandwich

Base	Protein	Fruit	Vegetables
Whole wheat pita	Hummus	Apples	Cucumber
Whole grain crackers	Boneless skinless chicken breast	Pears	Radish
Whole wheat bun	Roasted turkey	Banana	Lettuce
Whole wheat wrap	Peanut butter	Pineapple	Onion
Salad greens	Almond butter	Kiwi	Carrot
	Bean spread	Raisins	Corn
	Swiss cheese	Dried fruit	Avocado
	Cheddar cheese		Tomato
	Monterey Jack cheese		Pepper
	Egg		Herbs
	Beans		Mushrooms
	Shrimp		Sprouts
	Canned tuna		Kale
			Spinach
		Avocado	

