

## Try one of these!

### Quick Protein Pinwheels

- 1 low carb/high fiber wrap
  - 3 Tbls cream cheese (try a flavored one)
  - Deli sliced turkey or ham
  - Shredded carrots
  - Baby spinach
  - Shredded cheese
- Spread cream cheese on wrap and layer with additional items. Roll tightly and refrigerate for at least 1 hour. Slice into 1/2" pinwheels and tuck into lunchbox! Your child will love them~

### Peanut Butter Power Bars

- 1 cup peanut butter
  - 1/2 cup non-fat dry milk powder or soy protein powder
  - 1/2 cup raisins or chocolate chips
  - 1/4 cup honey
  - Graham cracker crumbs
- Mix all ingredients except the graham cracker crumbs in a large bowl. Shape mixture into 1 inch balls and roll in crumbs. Refrigerate or freeze to store.

### CFWLS Trail Mix

- 1 cup roasted peanuts
  - 1 cup raw or roasted almonds
  - 1 cup pumpkin or sunflower seeds
  - 2 oz unsweetened coconut
  - 1/2 cup raisins or currants (loosely-packed)
- Nutritional Information: This should make about 16 servings of 1/4 cup each.

## Burn 100 calories doing/playing this~

Kick a soccer ball	20 minutes
Rollerskate	20 minutes
Shoot hoops	20 minutes
Walk the dog	20 minutes
Tennis	20 minutes
Baseball	17 minutes
Kayak	17 minutes
Softball	17 minutes
Ice skate	15 minutes
Swim	14 minutes
Ride bike	13 minutes
Rollerblade	13 minutes
Basketball	10 minutes
Field hockey	10 minutes
Snowboard	10 minutes
Jump rope	8 minutes
Martial arts	8 minutes
Run	8 minutes



## Kids Too!



## Healthy Snack & Lunch Ideas From~

### Center for Weight Loss Success, P.C.

645 J. Clyde Morris Blvd.

Newport News, VA 23601

(757) 873-1880

Fax (757) 873-1990

[www.cfwls.com](http://www.cfwls.com)

[www.facebook.com/weightlossdrclark](https://www.facebook.com/weightlossdrclark)

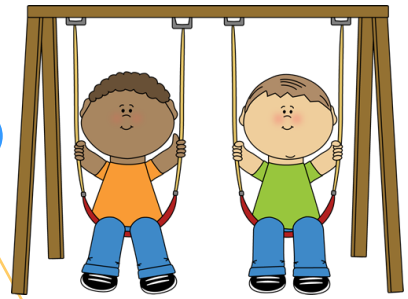
Free podcasts at [iTunes/docweightloss](https://itunes.apple.com/weightloss)



[www.cfwls.com](http://www.cfwls.com)

# Lunch Ideas for Happy Kids

Mix & Match Favorites  
1 from each column



<u>Proteins</u>	<u>Fruits &amp; Vegetables</u>	<u>Snacks</u>	<u>Desserts</u>
Mini –Pizza English muffin, sauce, pepperoni & shredded cheese	Baby carrots & dip	Almonds	Retro Jello (Add shredded fruit or veggies to it!)
Pinwheel Wrap (see recipe)	Strawberries with yogurt dip	Peanut Butter Power Bar (see recipe)	Sugar free pudding cup
Stuffed Apple With cream cheese or peanut butter	Orange wedges	String cheese	Animal crackers with strawberry cream cheese
Deli meats & cheese cubes with whole wheat crackers	Red or green grapes	Yogurt	CFWLS Trail mix (see recipe)
Tuna or Chicken Salad	Celery sticks with pimento cheese or hummus	Soy nuts	Graham crackers with Nutella spread
Cottage cheese & fruit	Cherry tomatoes	Beef or Turkey Jerky	Strawberries or Blueberries with ReadiWhip



For more ideas, follow our blog at [CFWLS.com/blog/](http://CFWLS.com/blog/) or on [Pinterest.com/cfwlsva](https://www.pinterest.com/cfwlsva)