

# Shift to Healthy Eating at Work



## Grab and Go Meal Ideas

Fuel for your workday. A healthy meal can help your energy levels and memory.

Not enough time for breakfast at home? Here are some 'Grab and Go' meals to eat along the way or when you get to work.

- Smoothie with frozen fruit, milk, plain yogurt, and a handful of spinach
- Scrambled eggs and sliced tomato on whole grain toast
- Oats with plain yogurt topped with fruit
- Nut butter in a whole grain pita with sliced bananas

