Eating Right During a Disaster
What to eat when a hurricane strikes

Day One:

Breakfast:
Whole Wheat Tortilla with Almond Butter, Granola, and Banana

Lunch:
Garbanzo Bean Gazpacho
Balsamic Pineapple Chicken Sandwich

Dinner:
Southwestern Wrap
Mango Tango Salad

Dessert:
Sweet and Spicy Snack Mix

Day Two:

Breakfast:
Pear and Pecan Chutney on English Muffin
Coconut Oatmeal Energy Bites

Lunch:
Caribbean Red Beans & Brown Rice
Citrus Salad

Dinner:
Barbeque Chicken Pizza on English Muffin
Rice and Bean Salad

Dessert:
Granola with Dried Apple Slices and Raisins

Day Three:

Breakfast:
Apple Sandwiches
Cinnamon Raw Oats

Lunch:
Chicken Caesar Pita
Beet Walnut Salad

Dinner:
Southeast Asian Salmon Sandwich
Edamame & Summer Bean Salad

Dessert:
Raspberry Jam on Angel Food Cake

Snacks: dry cereal, granola, energy bars, pretzels, crackers, nut trail mix, fresh fruits (apples, oranges), canned fruits (peaches, pears), fresh vegetables (broccoli, cauliflower)