

A Day of Healthier Eating at Wawa®

Trying to stay healthy while on-the-go? Use this meal planning guide to build an entire day of healthier choices using foods you can grab at Wawa.

Find more options using the Nutrition Calculator at: <https://www.wawa.com/fresh-food/nutrition>

BREAKFAST

Choose one, each option provides between 330-390 calories



20g of protein

- **Egg White Omelet Breakfast Sandwich** with Swiss Cheese, Spinach and Tomato on Wheat (330 calories, vegetarian)
- **Wawa Large Fruit Cup** plus **Kind® Dark Chocolate with Sea Salt Bar** (360 calories, lower sodium choice)
- **Everything Bagel Toasted** with a Little Bit of Veggie Cream Cheese, Cucumbers and Tomato (390 calories, vegetarian)

LUNCH

Choose one, each option provides between 440-520 calories

- **Kale and Quinoa Salad** plus **Hard Boiled Egg Snack Pack** (440 calories, lower sodium choice)

- **Chicken Caesar Salad** plus **Small Tomato Soup** (440 calories)

- **Oven Roasted Turkey Shorti Hoagie** with Provolone, Spinach, Tomato and a Little Bit of Mayo on a Wheat Roll (520 calories)

high in fiber



DINNER

Choose one, each option provides between 510-550 calories



vegetarian

- **Roasted Chicken Hoagie Bowl** with Spinach, Swiss Cheese, Roasted Peppers, Oregano and 1 Packet of Kens® Lite Balsamic with Olive Oil Vinaigrette (510 calories)

- **Roasted Veggie, Black Bean and Rice Burrito** with Pepper Jack Cheese, Lettuce, Salsa and Avocado (520 calories, vegetarian)

- **Roast Beef Flatbread Sandwich** with Cheddar Cheese, Spinach, Onions and BBQ Sauce (550 calories)

SNACKS & SIDES

Add 1-3 of these, as needed, to meet your calorie goal. Each option provides 180-220 calories.

- **Wawa Sliced Apple Snack Pack** plus a **100 Calorie Bag of Skinny Pop® Original Popcorn** (160 calories, vegetarian)

- **Wawa Strawberries and Blueberries Fruit Cup** plus **Chobani® Greek Yogurt**, plain and fruit flavors (190 calories, lower sodium choice, vegetarian)

- **Wawa Red Grape Snack Cup** plus **Sargento® Mozzarella Cheese Stick** (200 calories)

- **Wawa Baby Carrot Snack Pack** plus **Justins® Natural Peanut Butter Packet** (220 calories, vegetarian)

packed with vitamin C



BEVERAGES

It's a good idea to focus on lower calorie and lower sugar beverages.

20-30 calories



- **12 oz. Hot Cappuccino** with Skim Milk and Whipped Cream (100 calories)
- **VitaCoco®** pure coconut water (90 calories)
- **16 oz. Hot Latte** with Sugar Free Caramel Syrup and Vanilla Almond Milk (60 calories)
- **Cold Brew Coffee**, black, any size (20-30 calories)
- **Brewed Coffee**, black, any size and any flavor (0-5 calories)
- **Bottled Water**, unsweetened (0 calories)
- **Pierrier® Sparkling Mineral Water** plain and flavored (0 calories)
- **Wawa Iced Tea**, unsweetened (0 calories)

The above information is accurate as of 4/1/2018. For the most up to date product nutrition information, visit the Wawa nutrition calculator at: <https://www.wawa.com/fresh-food/nutrition>. "Vegetarian" indicates products in which no ingredients or sub-ingredients are animal derived from meat, poultry or fish. These products may contain eggs or dairy.