**Eating Right During a Disaster**

What to eat when a hurricane strikes

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**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

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

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**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

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**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