

## BALANCED MEALS

### PROTEIN

Needed for growth, repair, and maintenance of tissues.

- Chicken or turkey
- Fish or shellfish
- Red meat or pork
- Eggs
- Yogurt
- Tofu
- Beans/legumes

### CARBOHYDRATES

Main energy source for the brain and rest of the body.

- Bread/Rolls
- Rice/Quinoa
- Tortillas
- Pastas
- Potatoes
- Oatmeal/Cereals
- Granola

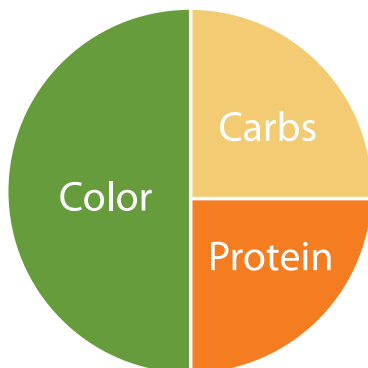
### COLOR

Provides vitamins, minerals, fiber and hydration.

- Fresh fruits and vegetables
- Frozen fruits and vegetables
- Canned fruits and vegetables
- Fruit and vegetable juices

Additionally, an important part of our diet is fats which we typically get from what we cook our foods in or top our foods with.

### PLATE COMPOSITION



### EXAMPLE



### Example Meals

Not all meals are as obvious when choosing from these categories. Here are examples of breakfasts, lunches and dinners.

**PROTEINS • CARBOHYDRATES • COLOR • FATS**

#### Breakfast Ideas

- Greek yogurt + granola + toast with nut butter + fruit
- Oatmeal + nut butter + fruit + hard-boiled eggs
- Kodiak® cakes waffles/pancakes + butter + fruit
- Toast + avocado + hard-boiled eggs

#### Lunch/Dinner Ideas

- Sandwich bread + deli meat + cheese + veggies and dip
- Taco shells/tortillas + ground meat + salsa and peppers/onions
- Burrito bowl: chicken + lettuce and veggies + rice
- Stir-fry: rice/noodles + meat + stir-fry veggies
- Fish + asparagus + rice
- Pasta + sauce + chicken + broccoli
- Bun + burger patty + small baked potato + roasted veggies
- Pizza + salad with protein

#### Snack Ideas

Snacks should be balanced with carbohydrates + protein/fat for slower digestion and absorption.

**PROTEINS/FAT • CARBOHYDRATES**

- Greek yogurt + granola
- 1/2 peanut butter and jelly
- Fruit and nut butter
- Crackers and cheese or hummus
- Popcorn and string cheese/jerky