

GUIDE TO PLANNING FILLING AND SATISFYING MEALS

4 Components to a Meal:

Include at least one food from each of these groups, at least 4 different foods in total

1. Carbohydrate

- Bread
- Pasta
- Rice
- Oats
- Quinoa
- Cereal
- Potato/Sweet Potato
- Corn
- Peas
- Squash

3. Fat

- Oil (Olive, Canola, Vegetable etc)
- Butter
- Avocado
- **Nuts/Seeds**
- **Nut/Seed Butter**
- **Cheese**
- Cream cheese/ sour cream
- Fatty meats (salmon, tuna, bacon, sausage)

2. Protein

- Meat (poultry, beef, pork)
- Fish/Shellfish
- Dairy (milk, yogurt, cheese)
- Eggs
- Beans/Legumes
- **Nuts/Seeds**
- Soybean products (tofu, tempeh, seitan)

4. Produce (fruit and/or vegetable) e.g.

- Banana
- Berries
- Melon (cantalope, honey dew, watermelon)
- Grapes
- Stone fruit (peaches, plum, nectarine)
- Dried Fruit
- Salad Greens (spinach, kales, mixed greens etc)
- Green beans
- Zucchini/ Summer Squash
- Broccoli
- Cauliflower
- Tomato

EXAMPLES

Breakfast

- Oatmeal(carb) or cereal, berries(produce), milk (protein) and nuts (fat)
- Toast(carb), avocado(fat), tomato(produce), milk or yogurt (protein)
- English muffin (carb), egg (protein), avocado or slice bacon (fat) , banana (produce)

Lunch

- 2 slices bread (carb), deli meat (turkey or ham), mayo or avocado (fat), apple (produce)
- Salad greens with mixed vegetables(produce), grilled chicken (protein), regular salad dressing (fat), brown rice or quinoa (carbohydrate)
- Bento box with hummus, cheese (protein and fat), raw vegetable sticks (produce), crackers or pita chips (carbohydrate)

Dinner

- Baked salmon (protein), roasted asparagus(produce) in olive oil(fat), brown rice or sweet potato (carbohydrate)
- Tacos with ground beef or turkey (protein), diced tomatoes/lettuce/salsa (produce), avocado and/or sour cream(fat), corn or flour tortillas (carbohydrate)
- Pasta (carbohydrate) with pesto sauce (fat), shrimp (protein), broccoli and tomatoes (produce)