

CREATE YOUR PLATE

FRUITS

- BERRIES
- NECTARINE/PEACHES/PLUM
- PEARS
- KIWI
- WATERMELON
- AVOCADO
- GRAPES
- MANDARINS/CLEMENTINES
- CHERRY TOMATOES
- PINEAPPLE/MANGO
- PLANTAINS
- DATES
- APPLES/APPLESAUCE
- MELON

VEGGIES

- SWEET POTATO/POTATO*
- PUMPKIN
- CUCUMBER/CELERY
- PEAS*
- CORN*
- GREEN BEANS
- SQUASH*
- BELL PEPPERS
- MIXED VEGGIES
- BEETS
- CARROTS
- BROCCOLI
- LEAFY GREENS
- SNAP PEAS
- ZUCHINI

VEGGIE PREP

- ROAST WITH OIL
- SEASON WITH SPICES (PAPRIKA, MCCORMICK'S, SALT & PEPPER, CURRY POWDER, CINNAMON)
- TOSS IN SALAD DRESSING (ITALIAN, BALSAMIC)
- DIP (HUMMUS, GUAC, RANCH)
- MASH & MIX WITH YOGURT
- DRIZZLE WITH CHEESE
- STEAM
- PAN SEAR OR GRILL
- ADD CITRUS JUICE
- SERVE FROZEN
- GRATE AND MAKE BITES OR TOTS, THEN BAKE
- SHRED OR PUREE INTO BAKED GOODS, SAUCES
- SPIRALIZE

PROTEINS

- FULL FAT YOGURT
- EGGS- HB,, SCRAMBLED, FRIED
- PULLED PORK, CHICKEN OR BEEF
- CHICKEN SAUSAGE
- DELI MEAT
- COTTAGE CHEESE
- ROTISSERIE CHICKEN
- CHEESE
- BURGERS/MEATBALLS
- HOT DOG
- SMOKED SALMON
- CHICKEN NUGGETS/FINGERS
- MILK
- PEANUT BUTTER
- JERKY
- BEANS/LENTILS/CHICKPEAS
- TOFU/SEITAN/EDAMAME
- FISH/SHELLFISH

CARBS

- RICE/RICE NOODLES
- FARRO/QUINOA
- COUSCOUS
- CORNBREAD
- POLENTA
- CEREAL
- CRACKERS WITH HUMMUS
- DAVE'S KILLER BREAD
- OATS
- MUFFINS
- PASTA/TORTELLINI/RAMEN
- BEAN/CHICKPEA PASTA
- STARCHY VEGGIES *

FAT SOURCES

- AVOCADO
- OIL
- BUTTER
- COCONUT
- NUTS/NUT BUTTER
- SEEDS/TAHINI
- FULL FAT MILK/CHEESE
- WHOLE MILK YOGURT
- EGGS
- OLIVES
- FATTY FISH

OTHER IDEAS

- MAC AND CHEESE WITH GROUND TURKEY OR SAUSAGE AND PEAS
- PASTA WITH PESTO OR MARINARA (NOODLES OR TORTELLINI)
- BBQ MEATLOAF
- QUESADILLAS
- LASAGNA
- STUFFED SHELLS
- MEATBALL SUB
- CHEESY PESTO CHICKEN
- SHRIMP WITH SWEET CHILI SAUCE
- FISH/CRAB CAKES
- NAAN PIZZA
- CHICKEN PHILLY
- PIZZA ROLLUP
- CHICKEN AND DUMPLINGS
- WAFFLE FRENCH TOAST
- PB AND J (OR BANANA)
- TURKEY AVOCADO ROLLUP
- AVOCADO TOAST
- PANCAKES
- OATMEAL
- TURKEY CHEESE CRESCENT ROLLUP
- HOMEMADE LUNCHABLE
- YOGURT PARFAIT
- FRUIT PIZZA
- ENERGY BITES
- SMOOTHIE
- ENGLISH MUFFIN PIZZA
- DATES WITH PB
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THIS RESOURCE WAS DESIGNED TO HELP YOU QUICKLY THROW TOGETHER HEALTHY, BALANCED MEALS. I'VE PROVIDED SUGGESTIONS FOR EACH CATEGORY BUT USE THE EXTRA SPACE TO WRITE IN FOODS YOUR KIDS ENJOY TO HELP YOU KEEP THEM TOP OF MIND WHEN YOU'RE PUTTING MEALS TOGETHER. REMEMBER SOME FOODS FALL INTO MULTIPLE CATEGORIES.