

Balance Your Plate - Lunch and Dinner

Water or Milk
milk, almond milk, plain soy milk



shutterstock.com 125168216

Vegetables



leafy greens, lettuce, broccoli, cauliflower, zucchini, eggplant, asparagus, green beans, mushrooms, peppers, tomato slices, carrots, squash, beets, parsnip, turnip, peas, tomato sauce



Protein

fish, meat, poultry, egg, cheese, nuts, nut butters, tofu, beans or lentils (legumes)



potato, sweet potato, rice, pasta, corn, bread, tortilla, wrap, crackers, barley, beans or lentils (legumes)



Starchy Foods (Carb)



Fruit (Carb)

Apple, orange, banana, berries, grapes, pear, unsweetened canned fruit



Healthy Fats

A serving = 1 tsp of olive oil, salad dressing, mayo, butter, margarine. Enjoy healthy fats like avocado, nuts and seeds with your meal.

