

Meal Planning – Choose Your Own Adventure

Protein	Grains	Vegetables
Grilled Chicken	Whole Grain Pasta	Steamed Broccoli
Turkey Meatballs	Brown Rice	Sautéed Peppers & Onions
Salmon	Quinoa	Salad Greens
Black Beans	Oatmeal	Stir Fry Kits
Chickpeas	Whole Wheat Buns	Frozen Peas & Carrots
Canned Tuna	Roasted Potatoes	Tomatoes/Tomato Sauce
Hamburgers	Sweet Potatoes	Carrot Sticks
Shredded Pork	Taco Shells	