



Healthy Eating 101

What Makes a Meal?

Part 1 - What Makes a Meal – 3 food groups

- “What Makes a Meal?” In simple terms, a meal should consist of 3 different food groups. Ideally there should be a grain choice, a protein choice and then a fruit or vegetable.
- Benefits of each group.
 - Grains are fuel for the body, especially the brain.
 - Protein supplies longer lasting energy along with nutrients for rebuilding and strength.
 - Fruits and Vegetables provide fiber, vitamins/minerals and are typically low in calories which allow you to chew and swallow more without adding unwanted calories.

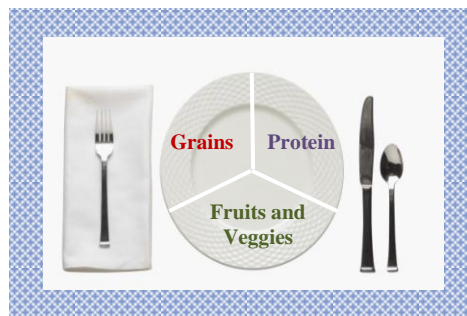
Part 2 – Plate Method

- Now that we have some understanding of types of foods to include, we need to address the ratio or amount to consume. The Plate Method is a very easy way to achieve this. Simply picture a Peace sign on your plate in order to divide the plate into thirds. A peaceful plate = a peaceful body. Main benefits of the plate method
 1. Balance
 2. Variety
 3. Moderation.

Outcome – the optimal diet plan that does not require counting calories and allows for individuality.

Part 3 – Meal Planning

My Weekly Meal Plan



Dinners:

1. Tacos
2. Pizza and Salad
3. Grilled Chicken, Pasta Roni and Broccoli
4. Breakfast Burrito
5. Mac & Cheese with Salad

Items Needed for Dinner:

Breakfast Items:

Lunch Items:

Snack & Sale Items: