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

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

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<tr>
<th>Items Needed for Dinner:</th>
<th>Breakfast Items:</th>
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<td>Lunch Items:</td>
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**Snack & Sale Items:**

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