Planning a Menu

- Plan for each meal of the day when making your shopping list
- Meals need to include lean protein, whole grains, and fruit/vegetables
- Remember to choose healthy fats for cooking and for added flavor
- Calcium sources can be added to meal or for snacks.

Example Breakfast

Hard cooked egg, sprouted grain toast with almond butter, banana and non-fat milk

Steel cut oatmeal made with non-fat milk, topped with frozen blueberries, sliced almonds and milk.

Example Lunch or Dinner

Lemon baked chicken, brown rice, broccoli with olive oil balsamic vinegar and strawberries with yogurt

Chicken sandwich on multigrain bread with slice of partially skimmed mozzarella cheese, spinach, tomato, and hummus, apple, small sweet peppers

Example Snack

Banana with peanut butter

½ turkey sandwich on whole grain bread with spinach, tomato, cucumbers

Practice writing your own menu

| Protein (Lean) | Grain (Whole) | Fruit/Vegetable (Colorful, seasonal) | Healthy Fat (Plant) | Calcium Source (Plant) |