

## **Build-a-Meal Planner**

You can plan countless meals by following the steps below:

### ***Step 1: Choose a Carbohydrate***

- Pasta (spinach, whole-grain, white, rice, etc.)
- Potatoes (sweet, red, yellow, russet, etc.) or yams
- Rice (brown, white, basmati, etc.)
- Beans (cannellini, black, lentils, etc.) or peas
- Quinoa
- Other

### ***Step 2: Choose a (Lean) Protein***

- Beef
- Turkey
- Chicken
- Pork
- Ham
- Veggie patty
- Tofu
- Egg or egg whites
- Other

### ***Step 3: Choose a Vegetable***

- Leafy greens
- Zucchini
- Broccoli
- Spinach
- Beets
- Carrots
- Tomatoes

- Onions
- Cabbage
- Eggplant
- Cucumbers
- Avocados
- Mushrooms
- Other

***Step 4: Choose a Sauce (optional)***

- Tomato sauce
- Pesto
- Mushroom gravy
- White sauce
- Barbecue
- Curry
- Chutney
- Ranch dressing
- Salsa
- Ginger
- Soy
- Other

***Step 5: Choose a Fruit***

- Berries
- Grapes
- Oranges
- Kiwis
- Melon
- Other

***Step 6: Choose a Dairy Product***

- Milk (reduced-fat, goat, almond, soy, rice)
- Yogurt
- Cheese (goat, feta, Parmesan, etc.)
- Other