

# Easy Meal Builder

Do you ever feel stumped come mealtime, not knowing what to make or where to start? Our meal builder has you covered with simple steps and balanced nutrition.



## 1 START WITH PROTEIN

400 CALORIES 600 CALORIES



Chicken or turkey



Fish



Lean beef



Shellfish



Pork or lamb (loin)

3 ounces,  
cooked

5 ounces,  
cooked

## 2 ADD VEGETABLES



Choose 1

Choose 2

Cooked vegetables, vegetable soup, tomato sauce (1 cup)



Any  
amount

Any  
amount

Raw vegetables

## 3 ADD WHOLE GRAINS/STARCH



Rice (brown  
or wild)  
1/2 cup, cooked



100% whole grain  
bread or crackers  
1 slice, 1/2 pita bread,  
1/2 English muffin,  
4 medium crackers



Tortillas  
2 corn, 1 medium-  
sized flour  
(whole grain)



Beans, peas,  
corn or lentils  
1/2 cup, cooked



Potato (white  
or sweet)  
1/2 medium



Pasta, quinoa,  
millet, barley  
or bulgur  
1/2 cup, cooked

Choose 1

Choose 2

## 4 ADD SOME HEALTHY FAT FOR FLAVOR



Olive oil  
1 TBSP



Nuts  
1 ounce



Hummus, low-fat salad  
dressing, mayonnaise,  
sour cream, vinaigrette  
2 TBSP



Avocado  
1/2 small



Parmesan or  
low-fat feta  
cheese  
2 TBSP



Seeds or nut  
butter  
1 TBSP

Choose 1

Choose 1

## 5 SEASON IT UP!



Herbs &



Lemon



Garlic



Vinegar



Salsa &



Mustard

Any  
amount

Any  
amount