

# My Healthy Recipes and Meal Ideas



# FAVORITE HEALTHY MEALS



A large, empty rectangular box with a thin green border, intended for writing or drawing favorite healthy meals.

Protein	Grains	Fruits	Vegetables
chicken	brown rice	apple	sweet potatoes
beans	bagels	all-fruit jam	asparagus
cheese	barley	apricot	avocado
cottage cheese	bread	bananas	bell peppers
edamame	muffins	berries	broccoli
egg whites	oatmeal	blackberries	brussels sprouts
eggs	pancake mix	blueberries	carrots
feat cheese	pasta	cantaloupe	cauliflower
fish	popcorn	cherries	cucumbers
greek yogurt	pretzels	grapefruit	green beans
ground beef	quinoa	grapes	kale
ground turkey	tortillas	honeydew	lettuce
hummus	waffles	kiwi	mushrooms
nut and seed butters	wraps	mandarin oranges	russet potatoes
nuts		oranges	spinach
pork tenderloin		mango	squash
protein powder		oranges	zucchini
refried beans		pear	
roast		plums	
salmon		strawberries	
seeds		watermelon	
steak			
string cheese			
tofu			
tuna			
turkey			
turkey bacon			

# Build a Healthy Meal with MyPlate



Date: \_\_\_\_\_

### Meal 1

Protein \_\_\_\_\_

Grain \_\_\_\_\_

Fruit \_\_\_\_\_

Vegetable \_\_\_\_\_

Dairy \_\_\_\_\_

### Meal 2

Protein \_\_\_\_\_

Grain \_\_\_\_\_

Fruit \_\_\_\_\_

Vegetable \_\_\_\_\_

Dairy \_\_\_\_\_

### Meal 3

Protein \_\_\_\_\_

Grain \_\_\_\_\_

Fruit \_\_\_\_\_

Vegetable \_\_\_\_\_

Dairy \_\_\_\_\_

### Meal 4

Protein \_\_\_\_\_

Grain \_\_\_\_\_

Fruit \_\_\_\_\_

Vegetable \_\_\_\_\_

Dairy \_\_\_\_\_



RECIPE FOR:



RECIPE FOR:



INGREDIENTS

DIRECTIONS

Large empty rectangular box for listing ingredients.

Seven horizontal lines for writing directions.

NOTES

Large empty rectangular box for writing notes.

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