Meal Planning

Planning your meals can help you meet your nutrition needs.

Here are some quick tips to get you started:

1. Take time to figure out what you really want to eat.
   a. How hungry are you?
   b. How much time before you want/are able to eat again?
   c. What are you hungry for? Do you want something:
      o Sweet or Savory?
      o Smooth or Crunchy?
      o Heavy or Light?
      o Hot or Cold?

2. Consider how much time and money you have to spend on this meal. Be realistic.

3. Make an effort to include several food groups for variety.

4. Choose a protein source.

5. Pick a grain or starch to complement your protein.

6. Incorporate some fruit or vegetables (if not both).

7. Give yourself permission to eat your food in a relaxing, enjoyable atmosphere, without judgment.

Examples:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Grain</th>
<th>Fruit/ Vegetable</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Pasta</td>
<td>Salad</td>
<td>Chicken Parmesan with marinara sauce over pasta with a side salad and Italian dressing.</td>
</tr>
<tr>
<td>Beef</td>
<td>Rice</td>
<td>Mixed Vegetables</td>
<td>Beef Stir Fry over Rice with sautéed mixed vegetables.</td>
</tr>
<tr>
<td>Fish</td>
<td>Tortillas</td>
<td>Lettuce and Tomato</td>
<td>Fish tacos with mango salsa, lettuce, tomatoes, and cheese.</td>
</tr>
<tr>
<td>Cheese</td>
<td>Bread</td>
<td>Tomato Soup</td>
<td>Grilled Cheese Sandwich with Tomato Soup</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Toast</td>
<td>Banana</td>
<td>Peanut Butter on toast with banana.</td>
</tr>
</tbody>
</table>
The Plate Method of Eating

Portion sizes are an important part of a healthy diet. A good goal to maintain when sitting down for a meal is to build your plate as follows:

- ½ the plate as non-starchy vegetables (or ¼ as non-starchy vegetable and ¼ as fruit).
- ¼ the plate as lean protein.
- ¼ the plate as starchy foods.
- 1 serving of dairy on the side or with your meal.

### Non-Starchy Vegetables
- Artichoke
- Asparagus
- Beets
- Bell Pepper
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cucumbers
- Cauliflower
- Celery
- Eggplant
- Green Beans
- Greens
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Spinach
- Tomatoes
- Turnips
- Zucchini

### Protein (3-4oz)
- ~ size of a deck of cards
  - Beef
  - Chicken
  - Turkey
  - Lean Pork
  - Fish
  - Eggs
  - Tofu

### Starchy Foods
- ~ size of a tennis ball
  - Bread
  - Pasta
  - Rice
  - Corn
  - Potatoes
  - Peas
  - Beans

### Dairy
- 1 cup Milk
- \( \frac{2}{3} \) cup Yogurt