**Meal-Building Activity**

**Breakfast:**

**Mid-Morning Snack:**

**Lunch:**

**Mid-Afternoon Snack:**

**Dinner:**

**Evening Snack (if needed):**

**Hydration Goal:** \_\_\_\_\_\_\_\_ Bodyweight in pounds divided by 2 = # ounces water/day

**Categorizing Foods**

**Complex Carbohydrates:** beans, lentils, oatmeal, quinoa, potatoes, whole grains, brown and wild rice, winter squash, barley

**Proteins:** eggs, lean meats and seafood, tofu\*, tempeh, edamame, quinoa\*, buckwheat\*, amaranth\*, chickpeas (hummus – choose one with tahini for a complete protein source), beans, lentils, peas, spinach, dairy

\*plant-based proteins that contain all essential amino acids

**Vegetables**: broccoli, cauliflower, summer squash, brussel sprouts, celery, cucumber, peppers, leafy greens, green beans, peas

**Fruits:** apples, bananas, berries, melons, citrus, grapes, kiwi, tomatoes, pear, pineapple, mango, peaches, plums

**Healthy Fats/Oils:** avocado, nut butter, nuts and seeds, oil (extra-virgin olive, canola, sunflower, safflower, flaxseed, coconut, grapeseed, etc)

**Iron-Rich Foods:**

**Meat Sources Include:** lean red meat, dark meat chicken, fish, pork, white meat chicken

**Non-Meat Sources Include:** chickpeas, eggs, lentils, split peas, nut butter, almond milk, (black, red, pinto, etc) beans, plain full-fat greek yogurt, spinach, tofu, nuts and seeds

**Sharing Favorites – Brainstorming Session**

**Breakfasts:**

**On-The-Go Snacks:**

**On-The-Go Meals:**

**Meals That Last:**

**Freezer-Friendly:**

1. **Clean Eating Intro**
   1. **“processed”**
   2. **Well-rounded with foods from all food groups. Please do not eliminate a food group unless medically advised to do so**
   3. **3 meals and 2-3 snacks/day - challenges**
   4. **hydration**
2. **Meal-Building Activity**
   1. **Note foods that fulfill multiple categories**
3. **Sharing Favorites – Brainstorming Session**

**Breakfasts:**

*PB-banana/apple wraps, roasted sweet potatoes, whole wheat toast with hummus, tomato/cucumber, and seeds, yogurt parfait, smoothies. Don’t ignore the greens – fresh fruit/spinach salad, Crustless quiche, egg muffin cups, homemade english muffins, crock-pot steel-cut oats, whole grain/oat pancakes (applesauce, banana, etc)*

**On-The-Go Snacks:**

*Granola bars/balls, hard-boiled eggs, cheese/veggie/fruit chunks, fruit/veggie+nut butter/avocado/hummus cups*

**On-The-Go Meals:**

*Salads (remember the protein), wraps, drinkable soups, bun salads, veggie/grain jars*

**Meals That Last:**

*Tacos and taco salads of all kinds! Whole turkey/chicken, chili, soups, roasted veggie trays, egg bakes*

**Freezer-Friendly:**

*Soups pre-dairy, marinara, meatballs, veggie patties, pulled or ground meats (sloppy joes, turkey-to-go, barbacoa/carnitas, turkey breakfast sausage, veggie packets (fajitas, or just pre-chopped veggies), pancakes, egg cups, homemade breads, curry*

book Includes:

* Tips on cooking for picky eaters
* Time-saving meal prep ideas
* Suggestions for menu planning
* Nutrition tips for athletic performance