



## Teen Edition: Pick Your Plate

**When making your plate, you want to think about having a variety of foods, balancing your macronutrients and everything in moderation.**

**Variety:** Different colors mean different vitamins and minerals. Try to eat the rainbow and have different colored fruits and vegetables throughout the day.

**Balance:** You want to incorporate all the food groups into every meal and snack (protein, carbohydrates and healthy fats). Balancing your plate will help you stay full and satisfied throughout the day.

**Moderation:** When you eat healthy, you will start to feel better and have more energy. Stick with the meal plan and if you want one treat a week, enjoy it then move on.

### Breakfast Options:

Protein (pick 3-5):	Starch (pick 2):	Fruit (pick 1):	Healthy Fat (Pick 1-2):	Drink:
1 Egg	2/3 cup steel cut oats	apple	1 tablespoon Avocado	1 cup low fat milk
2 pieces of Canadian bacon	2/3 cup oatmeal	1 cup strawberries	1 tsp peanut butter	1 cup original almond milk
2 egg whites	Arnold's Sandwich Thins	nectarine	1 tsp almond butter	1 cup water
1 ounce turkey sausage	5 ounces Greek Yogurt (Chiaboni Simply or Triple Zero Brands)	2/3 cup blueberries or raspberries	1 tsp butter	
1 ounce turkey bacon	¾ cup amish oatmeal (recipe on website)	clementine		
1 ounce ham	1 slice whole wheat bread	peach		
1 T almond + coconut butter spread	1 English muffin	pear		
	1 vans waffle			



### Lunch Options:

Protein (Pick 3-4):	Starch (Pick 2-3):	Fruit (Pick 1):	Veggies:	Drink:
1 ounce sliced turkey	Arnold's Sandwich Thin	apple	1 cup carrot sticks	Water
1 ounce sliced ham	6 pita chips	1 cup strawberries	1 cup broccoli	
1 ounces sliced roast beef	5 ounces Greek Yogurt	2/3 cup blueberries/raspberries	1 cup green beans	
1 ounce pulled chicken	½ cup brown rice or black beans	clementine	Salad	
Hard boiled egg	½ cup veggie quinoa	peach	1 cup sliced peppers	
1 ounce cheddar cheese	3 tablespoon hummus with carrots and celery	pear		

### Dinner Options:

Protein (Pick 4-5):	Starch (Pick 2-3):	Veggies (as much as you want!):	Drink:
1 ounce chicken	½ cup brown rice	mashed cauliflower, green beans, carrots, zucchini, squash, broccoli, asparagus, salad  (any nonstarchy vegetables)	Water
1 meatloaf muffin (only one- each is 3 ounces)	¼ cup brown rice + ¼ cup black beans		
1 turkey meatballs	½ cup sweet potato		
1 ounce ground turkey	½ cup quinoa		
1 ounce lean beef (once per week)	1 + cups spaghetti squash		
1 ounce pulled chicken	1 small whole wheat tortilla		
1 ounce grilled fish			