

MAIN MEAL BUILDER



PICK ONE (OR MORE AS NEEDED!) SERVING FROM EACH GROUP TO BUILD A DELICIOUS MAIN MEAL!

GRAINS (CHOOSE ONE)

Aim to make half your grains whole grains



BREAD, BAGEL,
BUN, ROLL OR
TORTILLA



RICE, QUINOA,
BARLEY, FARRO
MILLET, ETC.



PASTA &
NOODLES



PIZZA
CRUST



CHIPS OR
PRETZELS

PROTEINS (CHOOSE ONE)



MEAT &
POULTRY



SEAFOOD



EGGS



BEANS &
LEGUMES



DAIRY
(CHEESE, YOGURT,
MILK, ETC.)



TOFU, SEITAN,
TEMPEH

HEART-HEALTHY FATS (CHOOSE ONE)

**these also provide protein so if nothing above appeals to you, you can use one of these options instead!*



AVOCADO



NUTS*



SEEDS*



NUT & SEED
BUTTERS*



OILS

FRUITS & VEGGIES (CHOOSE ONE OR MORE!)

fresh, frozen or dried varieties all work



BERRIES



STONE FRUIT



CITRUS



TROPICAL FRUIT



MELONS



LEAFY GREENS



ROOT
VEGGIES



CRUCIFEROUS
VEGGIES



ALLIUM
VEGGIES



APPLES &
PEARS

SOMETHING FUN (CHOOSE ONE)

any element that will make your taste buds happy!

