

Mix and match a protein, veggie and grain for a complete meal.

*typical portions (depending on calorie range):
4-6 oz protein, 1+cups veggies, ½ cup to 1 cup grain

Protein	Veggie	Grain
Chicken	Broccoli	Rice (Brown, Wild, White)
Turkey Breast / Tenderloin	Cauliflower	Pasta (Whole Grain)
Ground Beef Or Turkey	Green Beans	Potato (Mashed/Baked/Roasted)
Shrimp	Carrots	Sweet Potato
Fish	Bell Peppers & Onions	Winter Squash (Butternut/Acorn)
Pork Chops Or Tenderloin	Diced Tomatoes (Or Sauce)	Quinoa /Farro
Flank Steak	Stir Fry Mixed Veggies	Lentils
Tofu	Frozen Mixed Veggies	Beans
Shelled Edamame	Spinach	Chickpeas
Canned Tuna	Kale	Couscous
Eggs	Lettuce Variety /Salad	Tortillas /Wraps