

Master Meal Planning with the Rule of 3's!

Choose **three ingredients from each food group** to create simple, balanced meals throughout the week.

Select Three Ingredients:

Proteins



Starches



Fats



Fruits



Veggies



Mix & Match to Create Meals:

Breakfast:

Peanut Butter & Fruit Parfait



Snack:

Apple & Almonds



Lunch:

Avocado Bean Wrap



Dinner:

Chicken Veggie Pasta

