



Meal Planning 1 + 2 + 3		
1. Energy You Need Right Now <i>Whole Grain or Starchy Vegetable</i>	2. Filling Power <i>Non-Starchy Vegetable or Fruit</i>	3. Protein to Make it Last <i>Dairy/Alternative or Meat/Alternative</i>
<p><b>Grains:</b></p> <p><b>Breads:</b> Bagel Sliced Bread English Muffin Roll/Bun Naan Tortilla Crepes/dosas/appam Pita Roti</p> <p><b>Cereals*:</b> Cheerios Oatmeal* Chex Granola</p> <p>• _____ • _____ • _____</p> <p><b>Grains:</b> Buckwheat Barley Couscous Farro Millet Pasta/ Noodles* Quinoa Rice* Popcorn Crackers Pretzels</p> <p><b>Starchy Vegetables:</b> Corn* Potatoes Plantains Sweet Potatoes Taro Winter Squashes: Acorn, Butternut, Kabocha, Pumpkin Yuca</p> <p>• _____ • _____ • _____</p> <p><i>** Consider including grains that are whole, which contain more protein and fiber compared to non-whole grains. **</i></p>	<p><b>Non-Starchy Vegetables:</b> Asparagus Beets Bell Peppers Bok Choy Broccoli Brussel Sprouts Cabbage Carrots* Cauliflower Celery Collard Greens Cucumbers Eggplant Green Beans* Jicama</p> <p><b>Fruits:</b> Apples Apricots Bananas Blueberries Cherries Cantaloupe Clementines Figs Grapefruit Grapes Lychee Melon</p> <p>Kale Lettuce Mushrooms Okra Onions Peas* Seaweeds Snow Peas Spinach Swiss Chard Tomatoes* Turnip Watercress Yu Choi</p> <p>Mangoes Nectarines Oranges* Peaches* Pears Pineapple* Plums Pomegranate Raspberries Strawberries Watermelon</p> <p>• _____ • _____ • _____</p> <p><i>Consider fresh, frozen and canned!</i></p>	<p><b>Animal Proteins:</b> Poultry (skinless): chicken*, turkey Shellfish: shrimp, scallops, clams, oysters, mussels Fish: cod, flounder, trout, canned light tuna*, salmon, mackerel, anchovies, sardines Pork: Canadian bacon, tenderloin Beef: round/sirloin/flank steaks, lean ground beef, tenderloin Lamb: loin/shank/leg Goat Egg</p> <p><i>Consider canned and frozen options!</i></p> <p><b>Plant Proteins:</b> Nuts/Seeds Nut Butters* Beans/Peas/Lentils* Tofu Tempeh Seitan Roasted Soybeans Hummus Falafel Patty Soy or Bean Burger Patty</p> <p><b>Dairy:</b> Milk Yogurt/ Greek Yogurt Hard, Soft and Shredded Cheese Cottage Cheese</p> <p><b>Non-Dairy Alternatives:</b> Soy (yogurt, cheese, tofu, milk)</p> <p>• _____ • _____ • _____</p>

### Make your Meals and Snacks Appeal to All of your Senses by Incorporating:

- Heart healthy oils
- Flavorful herbs and spices
- Elective choices
- Varied cooking techniques

\*These are items that are commonly found in the BU Food Pantry. Follow the QR code to see what is in stock.

