|  |  |
| --- | --- |
| * Protein
* Starch
* Vegetable
 | * Protein
* Starch
* Vegetable
 |
| * Protein
* Starch
* Vegetable
 | * Protein
* Starch
* Vegetable
 |
| * Protein
* Starch
* Vegetable
 | * Have at least 1 higher protein option
* Include fruit or vegetable when you can
 |
| * Protein
* Starch
* Vegetable
 | * Can include leftovers, or basic staple foods
* Include Fruits + Vegetables on the side
 |
| * Protein
* Starch
* Vegetable
 | * Pair high fiber and high protein foods together
 |