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| --- | --- |
| * 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 |