

Quickly Create a **Balanced Plate**

Protein (portion size: about the palm of your hand)	+	Starch (portion size: about a tennis ball)	+	Vegetable (portion size: 1-2 fists full)
<ul style="list-style-type: none">• Chicken• Turkey• Eggs• Fish• Shrimp• Tofu• Lentils• Veggie burger• Edamame• Beans (e.g. roasted chickpeas, canned beans)		<ul style="list-style-type: none">• Rice• Farro• Beans• Potato• Sweet potato• Winter squash• Corn• Peas• Pasta• Quinoa• Whole wheat couscous		<ul style="list-style-type: none">• Leafy greens• Broccoli• Bell peppers• Asparagus• Cauliflower• Cucumber• Onion• Brussels sprouts• Cabbage• Celery• Summer squash• Tomatoes
+ Healthy Fat (portion size: about a poker chip)		<ul style="list-style-type: none">• Oil (e.g. olive)• Avocado	<ul style="list-style-type: none">• Seeds• Salad dressing	<ul style="list-style-type: none">• Nuts or nut butter• Olives

Set yourself up for success:

Check out these products to minimize prep time and quickly create a balanced meal.

Protein

Trader Joe's: Frozen salmon burgers, frozen mahi-mahi burgers, canned wild salmon, frozen fish filets, frozen shrimp, pre-boiled hard boiled eggs, pre-cooked grilled chicken, frozen chicken and turkey burgers; **Applegate:** grilled chicken strips, sliced deli turkey; **Starkist:** canned tuna; **Cole's:** trout, mackerel, sardines; **Dr. Praegers:** veggie burgers; **Boca:** Original vegan veggie burger; **Sunshine Burger**

Starch

Trader Joe's: Frozen pre-cooked brown rice, frozen pre-cooked quinoa, pre-cut sweet potato, pre-cut squash; **Quaker:** quick oats, old fashioned oats; **Green Giant:** Frozen peas, carrots, corn; **Uncle Ben's:** Ready Rice; **Minute Rice:** brown rice, rice and quinoa blend; **Earthly Choice:** microwave grain blends; **Success:** Boil-In-Bag brown rice; **Goya:** canned beans; **Simply Balanced:** microwave farro; **Near East:** whole wheat couscous; **Rice Select:** whole wheat couscous

Vegetable

Trader Joe's: pre-cut squash, shaved brussels sprouts, spiralized zucchini, frozen diced vegetables, riced cauliflower and broccoli; **Green Giant:** frozen riced vegetables, frozen chopped vegetables, frozen roasted vegetables, frozen mashed cauliflower, frozen cauliflower tater tots; **Bird's Eye:** frozen vegetables, steamer vegetable bags; **Fresh Express:** pre-washed mixed greens

