

Five Minute Meal Planning Guide for the Instructor

Below are examples of food combinations that can be used for the meal planning activity. Encourage creativity and allow parents to use additional foods to complete the recipe if needed.

<p>Food Combinations:</p> <ol style="list-style-type: none">1. Brown Rice2. Frozen Broccoli3. Onion <p>Recipe Ideas:</p> <ol style="list-style-type: none">a) Chicken stir-fry with vegetablesb) Broccoli rice and cheese casserolec) Soup	<p>Food Combinations:</p> <ol style="list-style-type: none">4. Whole Wheat Tortilla5. Canned Beans6. Cheese <p>Recipe Ideas:</p> <ol style="list-style-type: none">d) Burritos/ Tacose) Quesadillaf) Baked whole wheat tortilla with bean dip and shredded cheeseg) Bean and cheese tostada
<p>Food Combinations:</p> <ol style="list-style-type: none">7. Corn tortilla8. Egg9. Bell Pepper <p>Recipe Ideas:</p> <ol style="list-style-type: none">h) Migasi) Egg scramblej) Breakfast wrap w/ eggs, cheese, and peppers	<p>Food Combinations:</p> <ol style="list-style-type: none">10. Oatmeal11. Peanut butter12. Banana <p>Recipe Ideas:</p> <ol style="list-style-type: none">k) Home-made granolal) Peanut butter banana smoothie with oatmealm) Oatmeal banana bread with peanutbutter on top