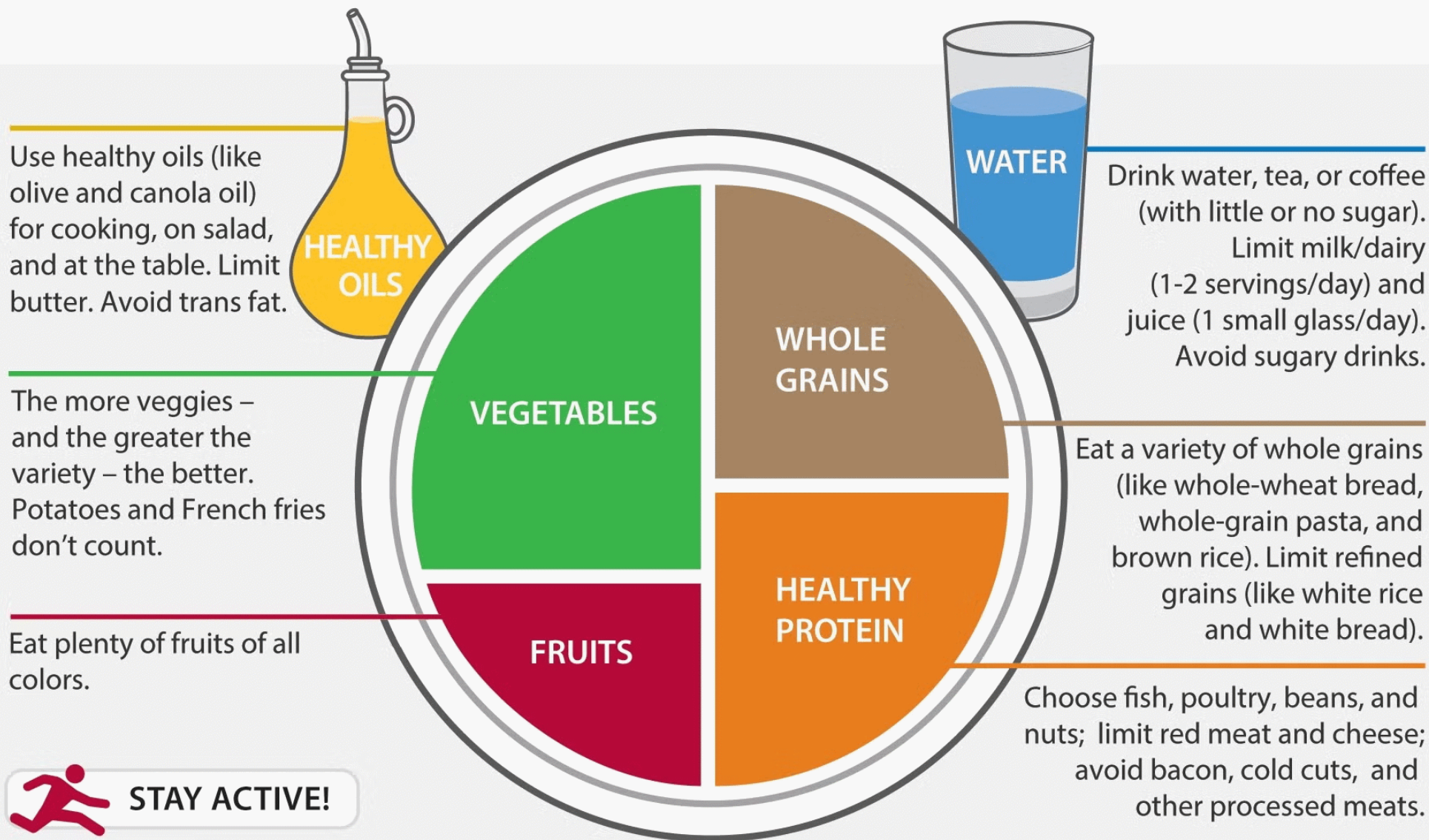


# HEALTHY EATING PLATE



**STAY ACTIVE!**

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Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

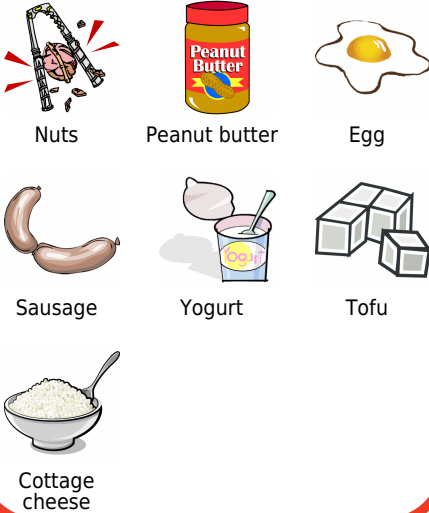




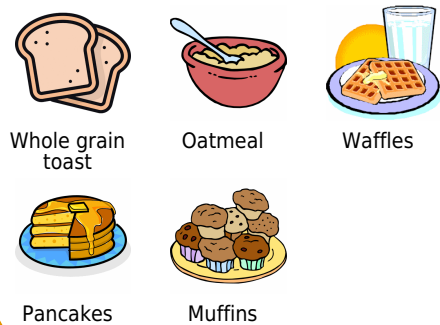
# Healthy Breakfast

Pick at least one  
from each  
category!

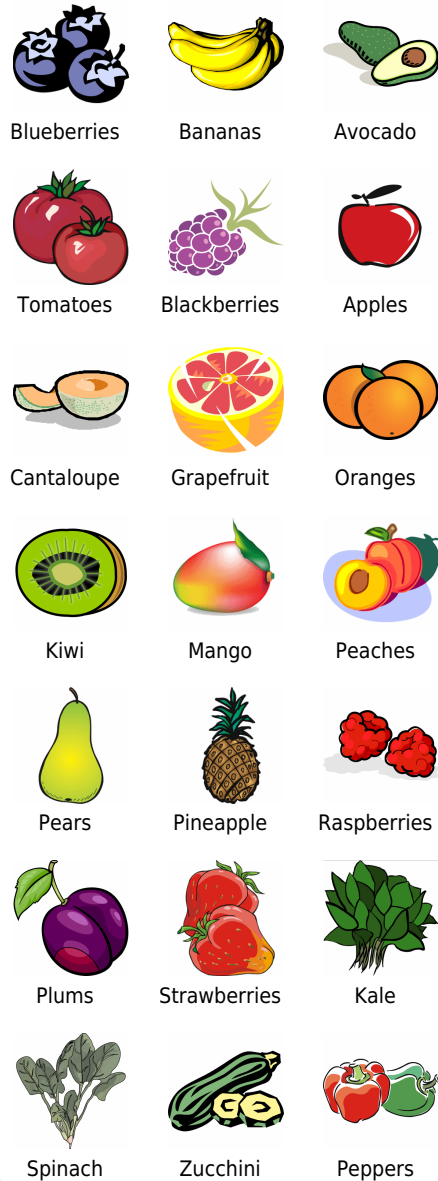
## Protein



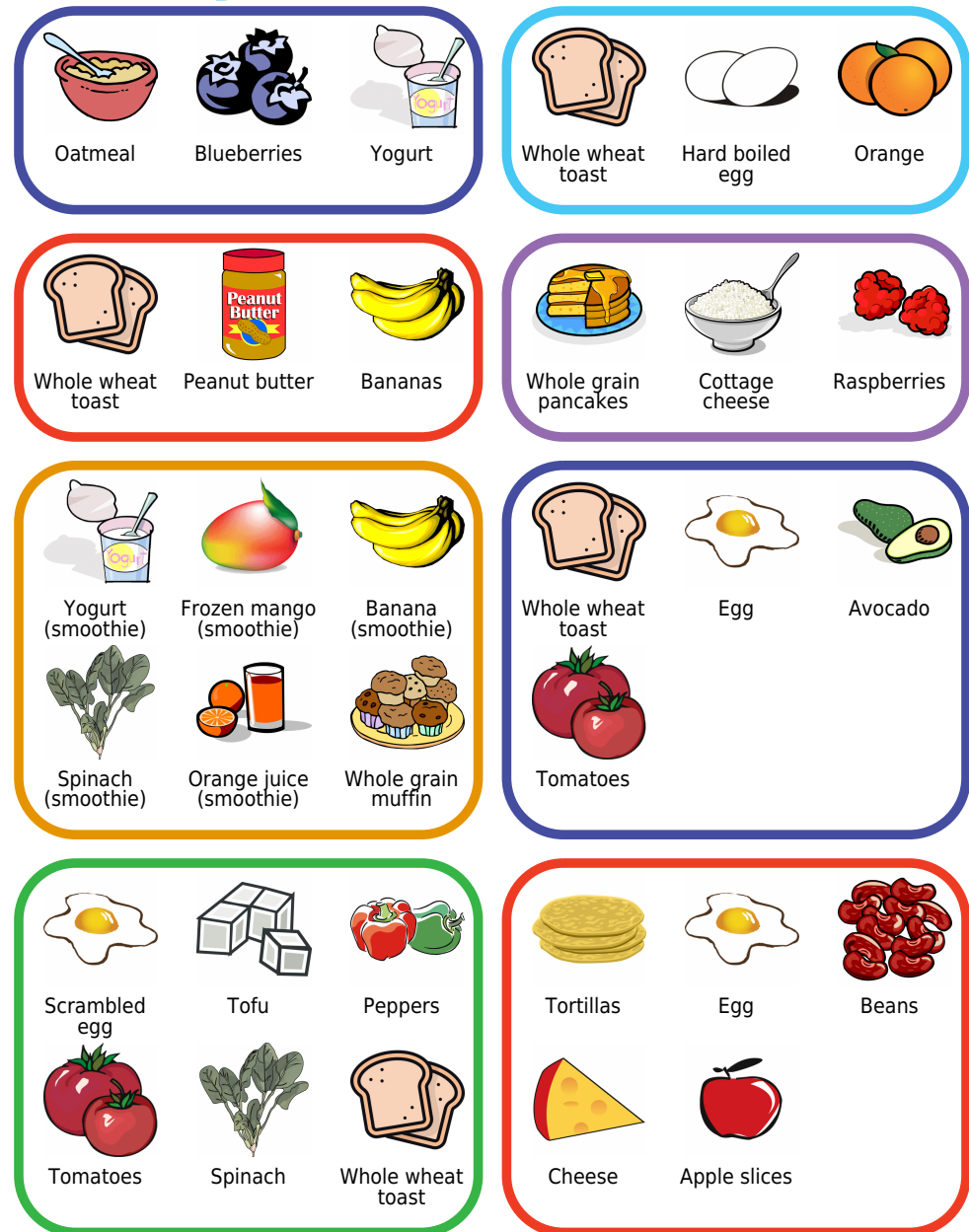
## Whole Grains



## Fruits & Veggies



# Try These Combos





# Lunch Box Checklist

Pick one from  
each category.  
Mix & Match!

## Fruits



Apples



Pineapple



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

## Starches



Bagel



Bread



Crackers



Pasta



Pretzels

## Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

## Proteins



Deli meat



Egg



Tofu



Nuts



Peanut butter

## Dairy



Cheese



Milk



Yogurt



# Lunch Box Ideas



Hard boiled  
egg



Apple slices



Cheese



Spaghetti



Meatballs



Peppers



Carrot sticks



Celery sticks



Bagel



Strawberries



Banana



Apple



Peanut butter



Cherry  
tomatoes



Cucumber



Pretzels



Hummus



Pita



Peppers



Carrots



Oranges



Whole wheat  
bread



Deli meat



Cheese



Avocado roll



Almonds



Plum



Tomatoes



Lettuce



Blueberries















Edamame



Watermelon










# How to Menu Plan

- ☐  TIP: You can encourage participation from the whole family by doing all of the below in a shared online location like Google Docs.
- ☐  Make a list of your family's favorite meals for reference. This is key!
- ☐  Make a list of family staples that you need to replenish each week.
- ☐  Consider storing your recipes online for easy access by any chef in the house.
- ☐  Choose a regular time to menu plan weekly. Try right after dinner on a consistent day of the week.
- ☐  Create a Menu Plan document the whole family can see.
- ☐  Write down the days of the week.
- ☐  Check your family calendar and write down any dinnertime conflicts.
- ☐  Brainstorm meals for the week that fit around the conflicts - the list of favorite meals from step 2 will be a huge help.
- ☐  Write down who will cook each meal, aiming to balance the workload across the family. Encourage the chef to pick what meal they'll make on their night to cook.
- ☐  Consider scheduling in some takeout days, especially on nights when everyone is busy.
- ☐  Make the grocery list using the menu plan, online recipes, and the weekly staples list. Try trading off grocery shopping each week with the other household members.



# Family Dinners

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
 Plan the meal							
 Buy the food							
 Cook							
 Set the table							
 Clear the table							
 Put away leftovers							
 Do the dishes							

# Dinner Ideas

## Mon: Chicken Penne



Chicken



Pasta



Spinach



Cantaloupe

## Thurs: Beef Lo Mein



Beef



Ramen



Carrots



Bok choy



Grapefruit

## Tues: Bagels



Bagel



Cream cheese



Egg



Tomatoes



Peppers



Mango

## Fri: Tacos



Ground beef



Tortillas



Guacamole



Tomatoes



Lettuce



Shredded cheese

## Wed: Salmon & Rice



Salmon



Rice



Broccoli



Cherries

## Sat: Takeout



Pizza

## Sun: Falafel



Chick peas



Wraps



Lettuce











Tomatoes



Cucumber



# Healthy Snack Ideas

- ☐  Yogurt with fresh fruit
- ☐  Healthy granola bar
- ☐  Veggie sticks with ranch dressing
- ☐  Fruit and nuts
- ☐  Ants on a log
- ☐  Hard boiled egg and a piece of fruit
- ☐  Cheese and crackers
- ☐  Fruit and a piece of cheese
- ☐  Guacamole and tortilla chips

Want to make some changes?

It's easy to edit this list at  
[TheTripClip.com](http://TheTripClip.com)

This list is designed to fit perfectly on a  
kid-sized clipboard:



Or try it on any mobile device!

