

Choose foods from the word bank to design a healthy breakfast, lunch, and dinner.

DO NOT REPEAT FOODS.

Breakfast: 1 fruit, 1 carbohydrate, 1 protein

Lunch: 1 fruit, 1 carbohydrate, 1 protein, 1 vegetable

Dinner: 1 carbohydrate, 1 protein, 1 vegetable

FRUIT	VEGETABLE	CARBOHYDRATE	PROTEIN
Banana	Spinach	Rice	Veal
Orange	Peppers	Fries / Chips	Pork tenderloin
Apple	Salad	Sweet Potato	Chicken
Grapes	Broccoli	Pasta	Turkey
Pear	Asparagus	Lentils***	Fish
Avocado	Carrot	Chick Peas***	Shrimp
Tomato		Bread	

Banana	5 push ups*	Rice	5 squat jumps
Orange	10 tricep dips	Fries / Chips	20 arm circles forwards
Apple	30 second plank*	Sweet Potato	10 bicycle abdominals*
Grapes	10 squats	Pasta	10 hip thrust*
Pear	10 jumping jacks	Lentils	10 V sit ups*
Broccoli	10 jump rope**	Chick Peas	20 arm circles backwards
Asparagus	30 second wall sit	Bread	20 mountain climbers*
Spinach	10 leg raises*	Veal	10 back lunges
Peppers	20 second side planks *	Pork Tenderloin	20 calf raises
Salad	10 shoulder tap planks*	Chicken	10 squats
Acovado	5 stair climbs (circle)	Turkey	30 second wall sit
Tomato	10 front lunges	Fish	5 stair climbs (circle)
Carrot	10 sit ups*	Shrimp	10 tricep dips

