My Plate

For well-balanced meals, include a mix of macronutrients (carbohydrate, protein, fat) with a fruit or vegetable.

**Breakfast**
- Protein bar/shake, fruit with nuts or nut butter
- Nut bar, greek yogurt or cottage cheese, fruit
- Parfait with greek yogurt, berries, nuts/seeds
- English muffin with egg, cheese, spinach, tomato
- Smoothie with fruit, milk, protein powder, nut butter or seeds
- Whole wheat toast with avocado spread and topped with 2 eggs
- Oatmeal made with milk and protein powder, topped with fruit and nuts/seeds
- Whole wheat toast with nut butter and banana slices, 1/2 protein shake
- Omelet with cheese and vegetables (i.e. bell peppers, onions, spinach); fruit or 100% fruit juice
- Whole grain waffle with nut butter, milk, fruit (i.e. berries)
- Breakfast burrito with eggs, sweet potato, avocado, and black beans in whole wheat tortilla

**Lunch & Dinner**
- Peanut butter and banana sandwich on whole wheat bread, greek yogurt or 1/2 protein shake
- Whole wheat tortilla with chicken, beans, cheese, sautéed veggies (i.e. bell peppers, onions, mushrooms), and topped with plain Greek yogurt
- Stir-fry with chicken or meat alternative, sautéed vegetables, brown rice or quinoa
- Chili with ground turkey or soy crumbles, beans, veggies and topped with cheese, whole grain roll
- Whole wheat pita with hummus, shredded cheese, chopped vegetables, dressing, greek yogurt
- Casserole with whole wheat noodles, tuna, cheese, peas and mushrooms
- Turkey sandwich on whole wheat bread with cheese, hummus or guacamole, spinach and tomato
- Spaghetti with whole wheat noodles and marinara sauce with ground turkey, steamed broccoli with cheese
- Thin crust pizza topped with Canadian bacon, pineapple, cheese and vegetables (i.e. bell peppers, onion)
- Broiled salmon, quinoa, roasted veggies in olive oil
- Mexican salad with grilled chicken, black beans, cheese, lettuce, corn, red onion, bell peppers, dressing
- Brown rice or quinoa with roasted broccoli, carrots and chickpeas topped with peanut sauce
- Salad with grilled chicken, feta cheese, strawberry slices, mandarin oranges, walnuts, dressing

**Did you know?**
Only 5% of OSU students get the recommended 5 or more servings of fruits and vegetables per day! (NCHA, 2018)