

August Challenge: Plan & Prepare Your Lunch (return by 9/15/25)

Note: plan a protein/carb combination for each meal.

Breakfast

Protein: \_\_\_\_\_

Vegetable: \_\_\_\_\_

Fruit: \_\_\_\_\_

Complex Carb (starch): \_\_\_\_\_

Healthy Fat: \_\_\_\_\_

Beverage: \_\_\_\_\_

AM Snack:

Protein: \_\_\_\_\_

Vegetable: \_\_\_\_\_

Fruit: \_\_\_\_\_

Complex Carb (starch): \_\_\_\_\_

Healthy Fat: \_\_\_\_\_

Beverage: \_\_\_\_\_

Lunch:

Protein: \_\_\_\_\_

Vegetable: \_\_\_\_\_

Fruit: \_\_\_\_\_

Complex Carb (starch): \_\_\_\_\_

Healthy Fat: \_\_\_\_\_

Beverage: \_\_\_\_\_

PM Snack:

Protein: \_\_\_\_\_

Vegetable: \_\_\_\_\_

Fruit: \_\_\_\_\_

Complex Carb (starch): \_\_\_\_\_

Healthy Fat: \_\_\_\_\_

Beverage: \_\_\_\_\_

Dinner:

Protein: \_\_\_\_\_

Vegetable: \_\_\_\_\_

Fruit: \_\_\_\_\_

Complex Carb (starch): \_\_\_\_\_

Healthy Fat: \_\_\_\_\_

Beverage: \_\_\_\_\_

## Helpful hints:

- 1) Drink 8-16 ounces of water with each meal and snack.
- 2) Make sure you have a protein/carbohydrate (vegetable or fruit) combination for each meal.
  - a. Remember, vegetables and fruits are carbohydrates!
  - b. Being able to put your food into categories as a protein, carbohydrate, or healthy fat is a key concept in understanding nutrition. Carbohydrate is a big category that includes vegetables, fruits, cereal, pasta, cookies, cakes, and so on. Hopefully, one can recognize the vast nutritional value running from one end (healthy vegetables to not so healthy cookies) to the other.
- 3) Eat 3-5 meals per day, recording snacks is helpful in getting more variety (protein and produce).
- 4) Start each meal plan with the vegetable (or fruit) you are going to eat and compliment it with a protein and optional starch.
  - a. Salads and grains bowls are a good way to get a base carbohydrate topped with lean protein.
- 5) Starchy carbohydrates (bread, pasta, cereal, starchy vegetables) are optional, use minimally (3 or less per day).
  - a. Again, this is a challenge that improves knowledge...can you read a label and decipher a quality starch from one of poorer quality? We discussed looking at ingredients in this newsletter, having seed oils as a main ingredient may not translate to a good choice. In contrast, if you look at the label on whole oats the only ingredient present is oats. Of course, oats are processed but minimally, they have nutritional value including protein, fiber, and healthy fat while containing 0g of sugar. Compare the ingredients and nutritional label of Whole Oats to that of Lucky Charms, two common breakfast items, can you see the difference in nutrition?
- 6) Healthy fats should be a product of other foods you are eating. For example:
  - a. Salmon (protein) – good source of healthy fat
  - b. Nuts/seeds (protein and healthy fat)
  - c. Avocado (fruit and healthy fat)
  - d. Ground flaxseed (good source of protein and healthy fat)
- 7) Consider using leftovers to make planning and consistency easier.
- 8) We tend to entertain ourselves with food. Nutritionists say to be good, not perfect. They claim you can be successful following the 80% rule, meaning, if 8 out of 10 meals follow these principles you will be successful. That provides a lot of leeway, allowing one to enjoy special events, holidays, and nights out with family and friends.