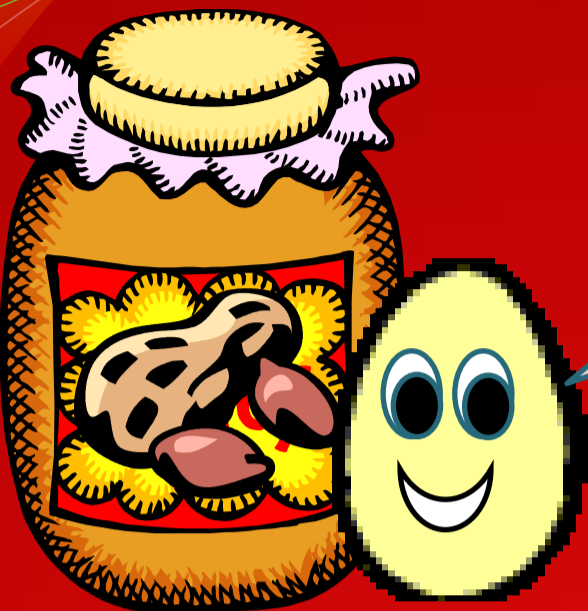




Meats & Grains



Did you know me and my friend peanut butter are a great source of protein?!

Breakfast-Egg Sandwich
To get 1 serving each of meat/alternative and grains, have a toasted English muffin with an egg and a slice of cheese on top.

Lunch

Tuna Wrap: mix tuna with a bit of mayonnaise, some chopped peppers and celery, and wrap in a tortilla .

Ham Pita: put ham, lettuce, tomato and either mayonnaise or mustard in a pita for lunch.

Snacks

Serve 2 tablespoons of peanut butter with crackers and/or sliced apples for 2 servings of meat/alternative.

I try and eat 1-3 servings of meat and alternatives and 6-7 grains each day!



The following are available through The Food Sharing Project:

Meat & Alternatives

- ✓ Tuna
- ✓ Salmon
- ✓ Eggs
- ✓ Lunch meat
- ✓ Peanut butter

- ✓ Bread
- ✓ Cereal
- ✓ Pasta
- ✓ Bagels

Grains

- ✓ Pita
- ✓ Tortillas
- ✓ English Muffins
- ✓ Instant Oatmeal
- ✓ Nutrigrain bars