



# CUSTOM MEAL GUIDE



## BENTO BOWL

Bento bowls are my favorite because they are so versatile! They are also a great way to give your kids a visual of the food pyramid. Start with a big portion of a starch, add some veggies, a little less fruit, and a drizzle of sauce. I like to add a variety of textures like dried fruit, crackers, and peanut butter to a bowl, and don't forget to switch up your spices!

## 1 DAY PREP

Prepping your food for the week on one day, is an excellent way to ensure success on your eating pattern. Meal prepping gives you the opportunity to check to see what is coming up on your schedule and plan accordingly. Plus, you'll have what you need in your fridge when you're feeling hungry!

## COST-EFFECTIVE, DUPLICATE INGREDIENTS

Meals are selected to give variety and use as many duplicate ingredients as possible. The menu repeats every other week to cut down on food costs and keep it simple. Once you've purchased certain ingredients for one week, you may not need to for the next duplicate week, thus saving even more! Many of the recipes use items you may already have on hand as well.

## ADD ANIMAL FOODS

Animal foods should be eaten no more than 2-3 times per week. This can be adjusted for children. You can choose whether this is a part of your breakfast, lunch, or dinner. I recommend planning these meals for when you have company or are a guest. I like to search for vegan/vegetarian options and then add meat as I want it.