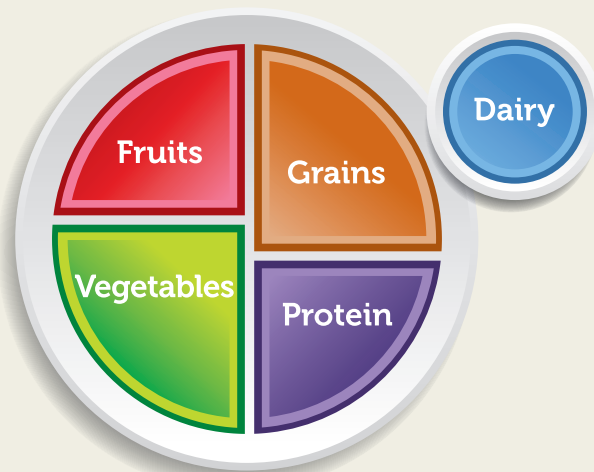


MEALS & SNACKS MADE EASY

NUTRITIOUS MEALS ARE AS EASY AS 1-2-3

Pick a protein, add a fruit or veggie,
and finish with fiber.

PROTEIN	PRODUCE	HIGH FIBER CARBOHYDRATE
chicken or turkey breast	greens like spinach, broccoli, or kale	baked sweet potato
fish (fresh, frozen, or canned)	red or orange veggies like carrots or bell peppers	whole grain pasta
beans and lentils	yellow or green summer squash	quinoa
lean ground beef or turkey	cauliflower	100% whole grain bread or roll
nut or seed butters	strawberries or blueberries	oats
Greek yogurt or cottage cheese	peaches, plums, or melon	whole grain cereal



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BALANCED AND HEALTHY MEALS

BREAKFAST

- ½ cup oatmeal with 1-2 Tbsp peanut butter + 1 piece of fruit or ½ cup cut fruit
- 1-2 hard boiled eggs + 1 slice 100% whole wheat toast + ½ cup cut fruit
- 2 egg veggie omelet with 2 Tbsp cheese + 1 slice 100% whole wheat toast + ½ cup fruit

LUNCH

- Salad with unlimited mixed greens and vegetables + ½ cup lean protein (like beans, fish, or chicken) + 1-2 Tbsp vinaigrette dressing + 1 serving of whole wheat pita chips or crackers
- Whole wheat wrap with unlimited roasted veggies (like peppers, onions, asparagus, carrots) + 2 Tbsp hummus + ¼ cup feta cheese + 1 piece of fruit

DINNER

- Stir fry with 8-9 large shrimp + 2 cups veggies (like bell peppers and snap peas) + ½ cup brown rice
- Chili (1 cup) with ground turkey, black beans, tomatoes, and corn + ½ cup quinoa

Pick up a copy of Savory magazine or visit giantfood.com for recipes and meal inspiration! Savory's online recipe database is also a meal planning tool.

savory
fast, fresh and easy

HEALTHY & FILLING SNACKS

A snack helps curb hunger between meals and can prevent overeating at meal time. The key to a healthy snack is PROTEIN + FIBER, which helps you feel full and satisfied. Choose one of each to build a better snack!

PROTEIN	FIBER
2 Tbsp of nut or seed butter	1 medium sized fruit
1 oz of cheese or 1 string cheese	6-8 whole grain crackers
6 oz Greek yogurt or cottage cheese	1/2 cup berries or cut fruit
2 Tbsp hummus	1/2 cup raw veggies
1 oz nuts, like almonds or walnuts	1/4 cup dried fruit
1 hard boiled egg	mini 100% whole wheat bagel

GRAB AND GO SNACKS

Prepackaged snacks can be a good option if you read the labels and pay attention to serving size! Here's what to look for:

Nutrition Facts	
1 serving per container	
Serving Size	1 bar (52g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	17%
Trans Fat 0g	17%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Total Sugars 6g	17%
Includes 0g Added Sugars	0%
Protein 10g	17%
Vit. D 0mcg 0%	Calcium 50mg 4%
Iron 2mg 10%	Potassium 490mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Protein:** about 10 grams of protein
- Sugar:** 10 or less grams of total sugar
- Fiber:** 3 grams or more

KID FRIENDLY SNACKS



Growing kids are hungry kids, so keeping healthy options on hand will help them make good decisions about how to fuel their growing bodies.

Try these:

- Mini whole wheat bagel topped with melted cheese
- ½ a PB & J on 100% whole wheat bread
- Apple slices and peanut butter (or other nut butter)
- Microwave popcorn
- Low sugar whole grain cereal with low fat or fat free milk



good



better



best

It's as easy as 1, 2, 3...

Use Guiding Stars to find foods that have more vitamins, minerals, dietary fiber, whole grains and less fats, cholesterol, sugar, and sodium. The more stars, the better nutritional value!



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VISIT GIANTFOOD.COM/NUTRITION
TO FIND A NUTRITIONIST NEAR YOU!