

# MY LUNCH BOX GUIDE

Name: \_\_\_\_\_

## How to get started

1. Read the lists of foods in the chart below. Put a checkmark next to the foods you like to eat.
2. Use the space provided to add the names of foods you like to eat that are not listed.

### VEGETABLES AND FRUITS

- |                                       |                                       |                                      |
|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Beets        | <input type="checkbox"/> Kale         | <input type="checkbox"/> Apples      |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Lettuce      | <input type="checkbox"/> Apple sauce |
| <input type="checkbox"/> Broccoli     | <input type="checkbox"/> Mushrooms    | <input type="checkbox"/> Bananas     |
| <input type="checkbox"/> Cabbage      | <input type="checkbox"/> Peas         | <input type="checkbox"/> Berries     |
| <input type="checkbox"/> Carrots      | <input type="checkbox"/> Potatoes     | <input type="checkbox"/> Grapes      |
| <input type="checkbox"/> Cauliflower  | <input type="checkbox"/> Spinach      | <input type="checkbox"/> Mango       |
| <input type="checkbox"/> Celery       | <input type="checkbox"/> Squash       | <input type="checkbox"/> Melon       |
| <input type="checkbox"/> Corn         | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Oranges     |
| <input type="checkbox"/> Cucumber     | <input type="checkbox"/> Tomatoes     | <input type="checkbox"/> Peaches     |
| <input type="checkbox"/> Green beans  |                                       | <input type="checkbox"/> Pears       |

Other vegetables and fruit I like to eat:

### WHOLE GRAIN FOODS

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Bagels   | <input type="checkbox"/> Naan      |
| <input type="checkbox"/> Bread    | <input type="checkbox"/> Noodles   |
| <input type="checkbox"/> Bun      | <input type="checkbox"/> Pancakes  |
| <input type="checkbox"/> Cereal   | <input type="checkbox"/> Pita      |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Rice      |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> Muffins  |                                    |

Other whole grain foods I like to eat:

### PROTEIN FOODS

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> Cheese    | <input type="checkbox"/> Beans                   |
| <input type="checkbox"/> Kefir     | <input type="checkbox"/> Hummus                  |
| <input type="checkbox"/> Milk      | <input type="checkbox"/> Lentils                 |
| <input type="checkbox"/> Yogurt    | <input type="checkbox"/> Nuts                    |
| <input type="checkbox"/> Beef      | <input type="checkbox"/> Seeds                   |
| <input type="checkbox"/> Chicken   | <input type="checkbox"/> Seed, pea or nut butter |
| <input type="checkbox"/> Egg       | <input type="checkbox"/> Tofu                    |
| <input type="checkbox"/> Fish      |  |
| <input type="checkbox"/> Lamb      |  |
| <input type="checkbox"/> Pork      |  |
| <input type="checkbox"/> Wild game |  |

Other protein foods I like to eat:

**SAUCES AND SIDES**  Dips  Salad dressing  Ketchup  Salsa  Cream Cheese  Soy Sauce  Cookies

Other sauces and sides I like to eat: \_\_\_\_\_