



2.3: Building Healthy Meals & Snacks

Using the information provided in the presentation and the handouts provided, work with your team to create three balanced meal ideas and two healthy snacks.

Remember that a balanced meal should contain lean protein, low-GI carbs (with a focus on fruits & vegetables) and healthy fats.

The best snacks contain both protein & fiber and come in under 200 calories.

Meal #1

Lean Protein: _____

Low-GI Carbs: _____

Healthy Fats: _____

Meal #2

Lean Protein: _____

Low-GI Carbs: _____

Healthy Fats: _____

Meal #3

Lean Protein: _____

Low-GI Carbs: _____

Healthy Fats: _____

Snack #1

Protein: _____

Fiber: _____

Snack #2

Protein: _____

Fiber: _____

