



## 1.7: 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: \_\_\_\_\_

