

Name:

Easy Add-Ins

Directions: Circle one item for each meal and snack then write in the names of 2 fruits and 2 vegetables from the answer bank to complete your meals.



Meal	Vegetable	Fruit
Breakfast: <i>circle 1</i> Eggs Cereal		
Lunch: <i>circle 1</i> Turkey sandwich Rice & beans		
Snack: <i>circle 1</i> Plain yogurt Peanut butter		
Dinner: <i>circle 1</i> Bean burrito Roast chicken w/ rice		
Daily Totals	2 cups	2 cups

Answer bank



Cucumber



Mushrooms



Carrots



Red Pepper



Pear



String beans



Blackberries



Broccoli



Peach



Spinach



Celery



Raspberries



Banana



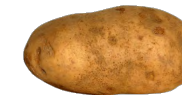
Red grapes



Apple



Tomato



Potato



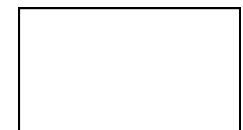
Strawberries



Corn



Blueberries



Draw Your Favorite!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.