



Making a Menu

Check out these ideas for a week of healthy **GO** foods.

- 🍃 Buy fruits and vegetables that are in season: they have a fresh, ripe flavor and are lower in cost.
- 🍃 Make healthy vegetable soups in bulk for quick lunch or dinner meals.
- 🍃 Use leftovers for other meals to save time and money.

LEAN & SPEEDY SUPPERS

Lean meats, poultry, and fish (*like boneless, skinless chicken breasts or fish filets*) are simple to prepare:

- 🍃 Wrap fish in foil, sprinkle with lemon juice and seasonings, then bake at 350°F for about 15 minutes.
- 🍃 Bake chicken breasts for about an hour after adding 2-3 tablespoons water to a baking dish and a sprinkle of your favorite spices.
- 🍃 Toss some chopped vegetables, like squash, sweet potato, asparagus, or cauliflower, onto a baking sheet to roast in the oven at the same time.

THE RULES OF REFRIGERATION

- 🍃 Leftovers need to be refrigerated within 2 hours of when they were served.
- 🍃 Remember to refrigerate foods containing meats, dairy products, or prepared vegetables.
- 🍃 Uncut fresh vegetables, like squash and tomatoes, do not need to be refrigerated.

SEVEN DAYS OF DELICIOUS

The recipes marked in red can be found in the back pages of this booklet. To find more recipes, visit us at brighterbites.org!

BREAKFAST	LUNCH	DINNER
<p>½ cup oatmeal with slices of apple, banana, and a sprinkle of cinnamon</p> <p>1 cup skim or 1% milk</p>	<p>1 slice whole-grain toast with 1 tablespoon peanut or sunflower seed butter</p> <p>Carrot sticks and hummus</p> <p>Fresh apple</p>	<p>Baked fish fillet</p> <p>Roasted acorn squash</p> <p>smoky greens</p> <p>Frozen banana ice cream</p>
<p><i>Breakfast taco:</i> 1 egg, salsa, and 1 whole-wheat tortilla</p> <p>Orange wedges</p>	<p><i>Orange Smoothie:</i> frozen chopped mango, peaches and banana; 2 whole carrots; ½ cup low-fat milk</p> <p>6 whole-grain crackers</p> <p>Broccoli “trees”</p>	<p>bell pepper bowls</p> <p><i>Popcorn cauliflower:</i> chopped cauliflower pieces roasted with pinch of salt and 1 tsp olive oil</p> <p>Fruit and low-fat or fat-free yogurt</p>
<p>Whole-grain toast</p> <p>1 tablespoon peanut or sunflower seed butter</p> <p>Sliced bananas</p>	<p><i>Spinach wrap:</i> whole-wheat tortilla, 1 part-skim string cheese, and fresh spinach</p> <p>Cherry tomatoes</p> <p>Fresh melon, like cantaloupe</p>	<p>sneaky veggie soup</p> <p>Cornbread or any whole-grain bread</p> <p>Microwaved peach slices with cinnamon</p>
<p>1 cup low-fat or fat-free yogurt</p> <p>Sliced strawberries</p> <p>¼ cup granola or whole-grain cereal</p>	<p>Tomato soup</p> <p>1 slice whole-grain toast</p> <p>Fresh bell pepper rings</p> <p>Peach slices</p> <p>1 cup skim or 1% milk</p>	<p><i>Grilled kabobs:</i> bell pepper, zucchini, onion, mushroom, and chicken (<i>optional</i>)</p> <p>Baked sweet potato</p> <p>Frozen yogurt sundae</p>
<p>1 cup whole-grain cereal</p> <p>1 cup skim or 1% milk</p> <p>Fruit (<i>banana, pear, plum</i>)</p>	<p><i>Turkey sandwich:</i> whole-grain bread, sliced turkey, fresh spinach</p> <p>Celery sticks</p> <p>Raisins</p>	<p>turkey veggie chili</p> <p><i>Citrus spinach salad:</i> avocado, orange, red onion, nuts or seeds</p> <p>Whole-wheat toast</p> <p>Fruit salad</p>
<p><i>Smoothie:</i> 2 cups frozen pineapple, 1 banana, some plain yogurt, splash of low-fat milk</p> <p>1 hard-boiled egg</p>	<p>½ cup brown rice with salsa</p> <p>Pinto beans</p> <p>Cherry tomatoes and avocado</p> <p>Fresh mango or papaya</p> <p>1 cup skim or 1% milk</p>	<p><i>Veggie wrap:</i> whole-wheat tortilla and diced veggies</p> <p>Microwave-steamed broccoli</p> <p>carrot cupcakes</p>
<p>rainbow omelet</p> <p>1 slice whole-grain toast</p> <p>1 cup skim or 1% milk</p>	<p>brown spanish rice</p> <p>Sliced cucumber</p> <p>Fresh or frozen grapes</p>	<p><i>Chicken sandwich:</i> grilled or baked chicken, spinach, and tomato on whole-wheat bun</p> <p>Roasted asparagus “fries”</p> <p>Baked apples</p>