

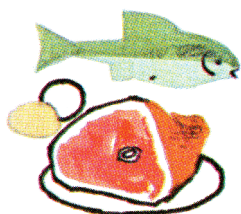
Simple Meals

Think Like a Chef

A chef makes a balanced meal with a **protein** (meat, eggs, or soy), a **vegetable** (or sometimes a fruit), and a **starch** (potatoes or a grain such as rice). Make balanced meal ideas by putting together different food from each column. If you don't recognize an ingredient or cooking method, do some chef detective work to find out what it is. That's how good chefs become great!

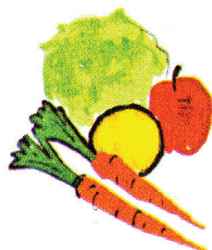
Protein

Grilled chicken breast
Pan-seared steak
Salmon
Baked, marinated tofu
Melted cheese
Broiled pork chop
Canadian bacon
Scrambled eggs



Vegetable

Boiled peas
Sautéed Brussels sprouts
Braised collard greens
Roasted zucchini
Fruit salsa
Steamed broccoli
Green beans with herbs
Avocado salad



Starch

Olive-oil mashed potatoes
Microwaved rice pilaf
Quinoa
Baked beans
Couscous
Elbow macaroni
Whole-wheat bread
Corn tortilla

