



# 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](http://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><a href="#">smoky greens</a></p> <p>Frozen banana ice cream</p>
<p><i>Breakfast taco:</i> 1 egg, salsa, and 1 <a href="#">whole-wheat tortilla</a></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><a href="#">bell pepper bowls</a></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> <a href="#">whole-wheat tortilla</a>, 1 part-skim string cheese, and fresh spinach</p> <p>Cherry tomatoes</p> <p>Fresh melon, like cantaloupe</p>	<p><a href="#">sneaky veggie soup</a></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><a href="#">turkey veggie chili</a></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> <a href="#">whole-wheat tortilla</a> and diced veggies</p> <p>Microwave-steamed broccoli</p> <p><a href="#">carrot cupcakes</a></p>
<p><a href="#">rainbow omelet</a></p> <p>1 slice whole-grain toast</p> <p>1 cup skim or 1% milk</p>	<p><a href="#">brown spanish rice</a></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>