

# Building Healthy Meals with the USDA MyPlate Plan

If you've ever been trying to decide how to build a meal, and thought to yourself, what should I be eating? The MyPlate method for planning healthy meals is going to make a lot of sense to you! Divide your plate into four sections.

- Half your plate should be Fruits and veggies
- 1/4 of your plate should be protein
- 1/4 of your plate should be whole grains.

## Start your meal planning with the protein

I will always start my decision about what to eat with the protein first. This generally makes it easier to choose the side dishes.

## Second, select the grains

I'll move onto the grains and decide which grains go best with my protein.

## Finally, select fruits and veggies

While technically, MyPlate separates the fruits and veggies, it's just a general concept for the day. You CAN choose to eat half your plate fruit for breakfast, and then half your plate veggies for lunch and dinner.

Here are a few examples of balanced meals:

- Ground Beef, Tortillas, Shredded Cheese, Lettuce, Tomatoes, & Peppers.
- Scrambled Eggs, Spinach, Whole Wheat Toast, Light Butter, & Strawberries.
- Ground Beef, Spaghetti Noodles, Pasta Sauce, Side Salad, & Light Vinaigrette.



# Any Days a Picnic Chicken Salad

## 6 Servings

### Ingredients:

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 3 packages pickle relish (2/3 tablespoon)
- 1/2 cup mayonnaise (light)

### Directions:

1. Wash hands with soap and water.
2. Combine all ingredients.
3. Refrigerate until ready to serve.
4. Use within 1-2 days. Chicken salad does not freeze well.

### How to complete the meal:

- Make chicken salad sandwiches.
- Make a pasta salad by mixing with 2 cups cooked pasta.
- Kids will love this salad served in a tomato or a cucumber boat.



### Sources:

United States Department of Agriculture. Dietary Guidelines for Americans 2020-2025.

United States Department of Agriculture. ChooseMyPlate.gov. Accessed at [www.choosemyplate.gov/Sources](http://www.choosemyplate.gov/Sources)

United States Department of Agriculture. Any Days a Picnic Chicken Salad. Accessed at <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/any-days-picnic-chicken-salad>