



Healthy Meals

What is a healthy meal?

A healthy meal includes foods from different food groups.

What are food groups?

Food groups are categories of food based on the nutrients they give your body. The main food groups are:

-  **Fruits** — Give your body vitamins and natural sugars for energy. Try to eat a variety of fruits — fresh, frozen, canned, or dried all count.
-  **Vegetables** — Give your body vitamins, minerals, and fiber. Try to eat a mix of colors — the more colors on your plate, the more nutrients you get.
-  **Grains** — Give your body energy. Try to choose whole grains (like brown rice or whole wheat) when you can — they keep you full longer than refined grains like white rice or white bread.
-  **Protein** — Helps build and repair your muscles. Try to mix up your protein sources — like chicken, fish, beans, and lentils — instead of eating the same one every day.

A healthy meal should include a balanced amount of food from each food group.



Recipes

These recipes use the items in your box that need to be cooked. Every recipe includes a swap note, so it works no matter which specific item you have from that food group.



1. Rice & Beans Bowl

Uses: rice, any legume (dry black beans, pinto beans, lentils, or red lentils), diced tomatoes — carrot cup optional

1. Cook rice according to package directions (or use a rice cooker if you have one).
2. Cook your legume: dry beans need to be soaked and simmered until soft (about 45–60 minutes for black or pinto beans); lentils and red lentils cook faster, about 15–20 minutes in water on the stove, no soaking needed.
3. Drain the diced tomatoes and stir them into the cooked beans or lentils. Simmer 5 minutes.
4. Spoon the bean and tomato mixture over the rice.
5. Optional: stir in a diced carrot cup (or carrot & pea cup) for extra veggies.

Swap note: any of the four legumes work the same way here — use whichever one is in your box.

Food groups: **Grains** **Vegetables** **Protein**

⚡ For a more complete meal, add a fruit.

2. Simple Protein & Veg Skillet

Uses: chicken breast pouch or tuna, diced carrot cup or carrot & pea cup

1. Heat a small pan over medium heat.
2. Add your protein (chicken pouch or tuna) and your diced veggie cup (drained).
3. Stir together and cook for 3–5 minutes, just until warmed through.
4. Season with whatever you have on hand — salt, pepper, garlic powder, or a splash of soy sauce all work well.

Swap note: chicken pouch and tuna work the same way here — use whichever protein is in your box. Same with the carrot cup vs. carrot & pea cup.

Food groups: **Protein** **Vegetables**

⚡ For a more complete meal, add a grain and a fruit.

3. Tomato Rice with Protein

Uses: rice, diced tomatoes, chicken breast pouch or tuna

1. Cook rice according to package directions.
2. In a pan, heat the diced tomatoes (with their juice) over medium heat for a few minutes.
3. Add your protein (chicken pouch or tuna) to the pan and stir to combine. Cook 3–5 minutes until heated through.
4. Pour the tomato and protein mixture over the cooked rice.
5. Season with salt, pepper, or any spices you have.

Swap note: chicken pouch and tuna both work the same way here.

Food groups: **Grains** **Vegetables** **Protein**

⚡ For a more complete meal, add a fruit.

4. Lentil or Bean Soup

Uses: any legume (lentils, red lentils, dry black beans, or dry pinto beans), diced tomatoes

1. Add your legume to a pot with water (or broth, if you have it) — enough to cover by a couple inches.

2. Bring to a boil, then reduce to a simmer. Lentils and red lentils take about 15–20 minutes; dry black or pinto beans need soaking first, then about 45–60 minutes to soften.
3. Stir in the diced tomatoes (with juice) about 10 minutes before the soup is done.
4. Season with salt, pepper, garlic powder, or whatever spices you have.

Swap note: any of the four legumes work here — use whichever is in your box.

Food groups: **Vegetables** **Protein**

✨ *For a more complete meal, add a grain and a fruit.*

5. Protein & Rice Bowl

Uses: chicken breast pouch or tuna, rice, diced carrot cup or carrot & pea cup

1. Cook rice according to package directions.
2. Heat your protein (chicken pouch or tuna) in a small pan for a few minutes until warmed.
3. Add your diced veggie cup (drained) to the pan and stir together for 1–2 minutes.
4. Spoon the protein and veggie mixture over the rice.
5. Season to taste.

Swap note: either protein and either veggie cup work the same way here.

Food groups: **Grains** **Vegetables** **Protein**

✨ *For a more complete meal, add a fruit.*

If you or your child has a food allergy, please check ingredient labels before eating.