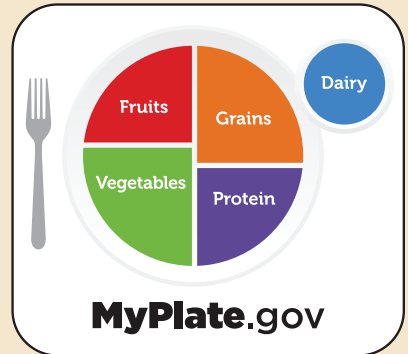


A Day on MyPlate



Snapshot of 2000 Calories



2,000 calories is the general recommendation for people to eat each day.

These meals show what a day eating 2,000 calories looks like in a healthy & well-rounded way.

MyPlate Key: **Fruits**, **Vegetables**, **Grains**, **Protein**, **Oils** & **Dairy**



Breakfast 400 calories

5 Min Microwave Breakfast Mug, Banana, Coffee & 1% Low-Fat Milk

- 1% low-fat milk
- egg & ham
- spinach
- banana
- black coffee



Morning Snack 270 calories

Strawberry Banana Parfait

- non-fat vanilla Greek yogurt
- strawberry
- banana
- granola
- water



Lunch 500 calories

Chicken Ranch Pitas & Apple

- chicken
- tomato & cucumber
- red onion & lettuce
- avocado
- whole-wheat pita
- apple
- non-fat Greek yogurt
- water

Afternoon Snack 260 calories

ONIE Ranch, Vegetables & Cheese

- ONIE ranch (non-fat Greek yogurt)
- carrots
- cauliflower
- celery
- cheese
- unsweetened iced tea



Dinner 470 calories

Sesame Ginger Beef & Fresh Mango

- beef
- brown rice
- green beans & green onions
- mango
- unsweetened iced tea



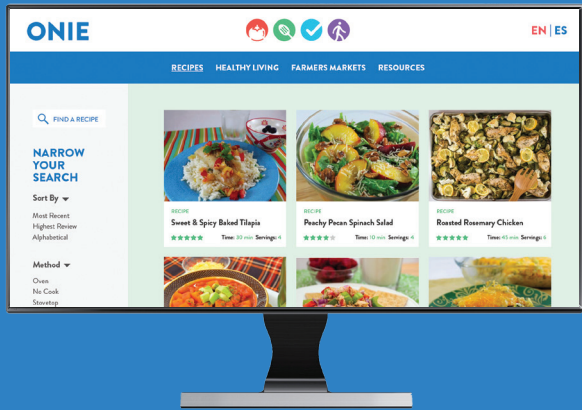
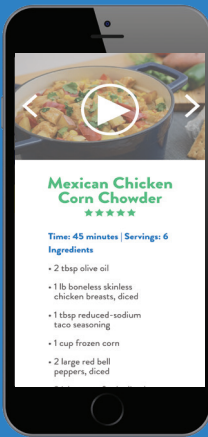
Evening Snack 100 calories

Lite Microwave Popcorn

- popcorn
- water

Scan to learn more about MyPlate





Find More Simple, Tasty & Healthy Recipes Online

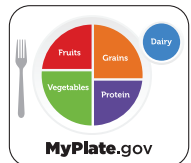
onieproject.org/recipes



We keep busy families in mind every step of the way when creating our unique recipes.

Our promise is that ONIE recipes are:

- Simple, tasty & healthy
- Certified healthy by our ONIE registered dietitians
- Easy to prepare & require minimal cleanup
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Developed using the MyPlate food groups



 **ONIEPROJECT.ORG**

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