



# HEALTHY MASTER ENTRÉE LIST

of Healthy Eating  
On a Budget!



**Healthy Living**

*...for life!*

Nutrition Services • Alameda County Public Health Department

Alameda County Public Health Department • Nutrition Services  
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For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer.  
Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. • California Department of Public Health

## Creating Your Meal Plan

- Start with a protein that you can make in large quantity on Day 1.
- Plan how to stretch that protein into lunch and dinner on Day 2.
- Add your favorite whole grain (noodles, rice, bread), vegetable, fruit, and dairy items.
- Be creative!

	MyPlate	DINNER
Day 1		Protein/ Main Dish: Whole Grain: Vegetable: Fruit: Dairy:
Day 2	<p style="text-align: center;"><b>LUNCH</b></p> Protein/ Main Dish: Whole Grain: Vegetable: Fruit: Dairy:	<p style="text-align: center;"><b>DINNER</b></p> Protein/ Main Dish: Whole Grain: Vegetable: Fruit: Dairy: