

RECIPES FOR GROWING KIDS



HOW TO BUILD A BALANCED MEAL

Aim to include:

- ☐ A protein source
- ☐ A carbohydrate
- ☐ A fruit or vegetable



BREAKFAST

Egg + Spinach Toast

Scrambled eggs with spinach on whole-grain toast

Includes: Choline • Iron • Protein



DINNER

Salmon Rice Bowl

Salmon, rice, avocado, and cucumbers

Includes: Omega-3s • Protein • Iodine



LUNCH

Bean + Cheese Quesadilla

Beans, cheese, whole-grain tortilla with fruit on the side

Includes: Iron • Protein • Zinc



SNACKS

Oat + Peanut Butter Bites

Mix ingredients, roll into balls, and refrigerate for about 1 hour

Includes: Protein • Zinc

Yogurt + Fruit + Granola

Combine yogurt, fruit, and granola in a bowl

Includes: Iodine • Protein

