

Restaurant Balanced Meal Examples

6 oz Sirloin
Mashed potatoes
Broccoli
Side Salad

Chicken Tenders
Green Beans

Shrimp Alfredo (eat half)
Add salad or side of veggies

Burger with bun
Side of veggies and side salad

Burrito Bowl
Steak
Light brown rice
Light black beans
Peppers and onions
Salsa
Lettuce

Grilled Chicken Kabobs
Grilled asparagus
Pita Bread

Grilled Salmon Mediterranean Salad
Pita Chips

French Dip Sub
Cucumber and Tomato Salad

Meatloaf
Cornbread
Fresh Steamed Veggies