

MEAL PLANNING WORKSHEET

Breakfast	A	A	B	B	A	B	C
Lunch	D	E	D	E	leftovers	F	out
Snack(s)	I	II	III	II	I	III	choice
Dinner	POULTRY	FISH	"BOWL"	VEG BASED	MEAT	out	SLOW COOKER

BREAKFAST IDEAS:

	CONSIDER HONORING : PROTEIN, FAT & PRODUCE
A.	
B.	
C.	

LUNCH IDEAS:

	CONSIDER HONORING: THE SKYTERRA PLATE
D.	
E.	
F.	

DINNER IDEAS:

	CONSIDER HONORING: THE SKYTERRA PLATE
POULTRY	
FISH	
"BOWL"	
VEG BASE	
MEAT	
SLOW COOKER	

MIX AND MATCH:

PROTEIN QUALITY PROTEIN SOURCES (Animal & Plant)	CARB STARCHES, WHOLE GRAINS, FRUIT	FAT & FLAVORS HEALTHY FATS, COOKING ESSENTIALS, SAUCES, FLAVOR	VEGETABLE BY TYPE OR COOKING STYLE
			VEGETABLE TYPE:
Beef: Grass-Fed Beef Tenderloin or other cuts of grass-fed Beef	Oats: Steel Cut Oats, Oatmeal	Cooking Oils: Extra Virgin Olive Oil, Coconut Oil, Grapeseed Oil	Green Beans, Haricot Verts, Sugar Snap Peas
Chicken: Chicken Breast or Skinless Chicken Thighs	Stone Fruits: Peaches, Plums, Apricots, Cherries	Other Plant Oils: Sesame, Walnut, Avocado	Spinach, Arugula, Kale, Swiss Chard, Watercress, Spring Mix, Romaine, Bibb, Herbs, baby varieties (e.g., baby kale)
Turkey: Turkey Breast or ground	Fruit Purees: Bananas, Pears, Apples,	Animal Based Fat: Butter, Ghee, Quality Cheese	Broccoli, Broccolini, Cauliflower, Brussels Sprouts, Cabbage
Bison: Bison, ground	Berries: Blueberries, Strawberries, Raspberries, Blackberries	Avocado: Fresh, Sauces, Guacamole, Smoothies	Zucchini, Summer Squash, squash varieties
Pork: Pork Tenderloin or Pork Chops	Citrus, Tropical Fruit or Melon: Orange, Tangerine, Pineapple, Mango, Watermelon	Vinaigrette Dressings: Balsamic, Basil, Citrus, Red Wine, etc.	Onion, Leeks, Shallots, Garlic, Fennel
Wild Caught Fish: Salmon or Rainbow Trout	Potatoes: Sweet, Red, Purple, Fingerling Potatoes	Mayonnaise: (real)	Green, red, yellow, orange Bell Peppers, hot or mild peppers of choice
Local or Sustainable White Fish:	Root Vegetables: Winter Squash, Root Vegetables (e.g., beets), Starchier Vegetables	Vinegars: Balsamic, Red Wine, Apple Cider, Sherry	Eggplant, Tomatoes, Mushrooms
Shellfish: Shrimp, Lobster, Crab, Scallops Mussels, Oysters, etc.	Rice: Brown Rice, Wild Rice, Black Rice, any rice variety	Salsas: Tomato, and fruit base	Asparagus, Artichoke, Bok Choy,
Egg: Eggs, whole and/or egg whites	Additional Grains: Quinoa, Farro, Barley, Buckwheat, Millet, Amaranth, Kaniwa	Vegetable Broths:	Great Grilled: Asparagus, Red Onion, Bell Peppers, Portabella Mushrooms, Zucchini, Summer Squash, Eggplant
			COOKING STYLE:

Beans, Lentils	Grain Products: bread, and grain based pasta - Make own if possible or source locally	Herb Sauces / Condiments (e.g. pesto)	Great Roasted: Broccoli, Cauliflower, Brussels Sprouts, Onions, Shallots, starchier vegetables such as Potatoes, Carrots, Beets, root vegetables
Nuts and Seeds: (variety)	Starchy Vegetables: Corn, Peas	Marinades	Pureed: Cauliflower, Butternut Squash, Carrot, Parsnip, Turnip, mix & match
Tempeh, Tofu		Honey, Maple Syrup, Agave, Sorghum	Sautéed: Onions, Garlic, Bell peppers, Zucchini, Broccoli, Broccolini, Green Beans, Kale
Whole Grains (some with higher protein content)		Citrus & Aromatics: Lemon, orange, lime, shallots, garlic, herbs, etc.	Raw: All Leafy Greens, Broccoli, Tomatoes, Cucumber, Bell Pepper, Celery
Dark Leafy Greens (some with higher protein content)		Cooking Wines	Steamed: Haricot Verts, Broccoli, Cauliflower, Asparagus, Carrots, Spinach
Protein Powder (high quality important)		Herbs, Spices, Seasoning, mindful of salt	
		Sauces:	

*Beans and Lentils provide both protein and carbohydrate

Skyterra Recipes: _____

Snack Ideas: _____