



Module #6 Discover Your Go-To Meals

Everyone's definition of a go-to meal may be slightly different. We think of go-to meals as any meal we typically have the ingredients for and we can put together in about 30 minutes or less. Refer to **Module 5 E-books: No Recipe Required and Simple Recipes**

1. List your family's go-to meals below. Are there any new ideas you want to add?

2. Using the simple structure from Module #5, add any items you'd like to your go-to meals above to make them a complete meal, if needed and desired.

Meals: at least 3 items, protein, carbohydrate, and fruit, and/or vegetable





1. List your family's go-to breakfast below. Are there any new ideas you want to add?

2. Using the simple structure from Module #5, add any items you'd like to your go-to meals above to make them a complete meal, if needed and desired.

Meals: at least 3 items, protein, carbohydrate, and fruit, and/or vegetable





Discover Your Go-To Snacks

1. List your go-to snacks.

2. Using the simple structure from Module #5, add any items you'd like to your go-to snacks above to make them a complete snack, if needed and desired.

Snacks: at least 2 items, usually protein plus carbohydrates

