

## Meal Categories

Get creative and explore the possibilities of different entrees you can create with just a handful of basic ingredients.

Sandwiches			
Grain *choose whole grains	Meat, meat alternates *moderate fats and salts	Vegetable, Fruit	Condiment
Bagel Bread Buns Crackers English muffin Pita Roll Tortilla	Cheese (American, cheddar, etc.) Cold cuts Cottage cheese Chicken Egg Fish (tuna, salmon) Fishcake Ham Hummus Imitation crab Leftover meats Luncheon meat Nut butters Refried beans Shrimp Tofu Turkey bacon	Dried fruits (raisins, cranberries) Fresh fruits (sliced apples, bananas, etc.) Fresh vegetables (tomato, onion, lettuce, spinach, sweet bell peppers, mushrooms) Fresh herbs Tomato sauce Vegetable sticks (cucumber, celery, carrots, zucchini)	BBQ Sauce Ketchup Mayonnaise Mustard Pickles Relish

Examples:

Rice crackers  
Peanut butter  
Apple, banana

Tortilla  
Refried beans, cheese  
Lettuce, tomato

Pita  
Tuna and cottage cheese  
Cucumbers, carrots

English muffin  
Mozzarella cheese  
Mushrooms, tomato sauce

Bagel  
Cottage cheese  
Craisins, peaches

Bread  
Cold cuts  
Alfalfa sprouts, lettuce

Crackers  
Cheese and cold cuts  
Carrots, raisins

Tortilla  
Egg and cheese  
Spinach and sweet bell peppers

Noodles			
Grain *choose whole grains	Meat, meat alternates *moderate fats and salts	Vegetable, Fruit	Sauce
Buckwheat (soba) Chow fun Chow mein Pancit Pasta (macaroni, spaghetti, fettuccini, etc.) Ramen Rice noodles (vermicelli) Somen Udon Wonton	Beef Cheese (American, cheddar, etc.) Cold cuts Chicken Egg Fish (tuna, salmon) Fishcake Ham Imitation crab Leftover meats Luncheon meat Pork Shrimp Tofu Turkey bacon	Canned vegetables (peas, carrots, etc.) Chop suey mix (bean sprouts, carrots, cabbage, watercress, etc.) Fresh vegetables (tomato, onion, lettuce, spinach, sweet bell peppers, mushrooms) Frozen vegetables (broccoli, spinach, carrots, etc.) Fresh herbs Tomato sauce Vegetable sticks (cucumber, celery, carrots, zucchini)	Bar-b-que Cream of mushroom soup Fish sauce Italian dressing Oyster Packaged mixes Pesto Soba / somen sauce (tsuyu) Soy sauce (shoyu) Spaghetti sauce White sauce

Examples:

Corkscrew pasta  
 Cheese chunks  
 Cucumbers, tomatoes  
 Italian dressing

Soba noodles  
 Egg & fish cake  
 Cucumbers, green onions  
 Soba sauce

Vermicelli noodles  
 Tofu, salmon  
 Wakame, carrots  
 Packet sauce

Noodles  
 Left over meat  
 Green beans, mushrooms  
 Bar-b-que sauce

Elbow macaroni  
 Chicken  
 Broccoli  
 Spaghetti sauce

Ramen noodles  
 Luncheon meat  
 Chop suey mix  
 Packet mix

Spaghetti noodles  
 Tuna  
 Frozen mixed vegetables  
 Cream of mushroom soup

Somen  
 Imitation crab, egg  
 Cucumbers, carrots  
 Somen sauce

Bento - Rice			
Grain *choose whole grains	Meat, meat alternates *moderate fats and salts	Vegetable, Fruit	Sauce
Arborio rice Brown rice Hapa rice (half brown & white) Jasmine rice Sushi rice White enriched rice Wild rice	Beef Chicken Egg Fish (tuna, salmon) Fishcake Imitation crab Leftover meats Luncheon meat Pork Shrimp Soybeans Tofu Turkey bacon	Canned vegetables (peas, carrots, etc.) Fresh vegetables (tomato, onion, lettuce, spinach, sweet bell peppers, mushrooms) Fresh herbs Frozen vegetables (broccoli, spinach, carrots, etc.)	Cream of mushroom soup Oyster Packaged mixes Rice vinegar (sushi seasoning) Seaweed seasoning (furikake) Soy sauce (shoyu)

Examples:

Rice mixture  
Shredded leftover meat  
Frozen peas and carrots  
Flavored rice vinegar

Rice mixture  
Cold cuts  
Shredded carrots  
Soy sauce

Rice mixture  
Luncheon meat  
Diced cucumbers  
Seaweed seasoning

Rice mixture  
Tuna  
Corn and mushrooms  
Flavored rice vinegar

Rice mixture  
Fish cake  
Frozen mixed vegetables  
Flavored rice vinegar

Rice mixture  
Egg  
Cucumber  
Oyster sauce

Rice mixture  
Soy beans  
Corn  
Seaweed seasoning

Rice mixture  
Tofu and soy beans  
Shredded carrots  
Soy sauce