

HEALTHY FOODS = HEALTHY MEALS

Okay, Cragman, I've got a challenge that I think you are going to enjoy. But then again, I thought people would enjoy cleaning toilets. How wrong can you be when you live in a nest on a mountain?

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Plan and make three healthy meals. At least one must be enjoyed by the family.

LEVEL K

PERIOD 1

TASK 2

Anyway, in this challenge, you are going to plan a menu, but only using healthy foods. Sound easy? Let's see.

Almonds	Apples	Artichokes	Asparagus	Avocados
Bananas	Blueberries	Broccoli	Brown Rice	Brussels sprouts
Butter	Cabbage	Carrots	Cauliflower	Celery
Cheese	Chicken Breast	Coconut	Cucumber	Eggplant
Eggs	Ezekiel Bread	Garlic	Green Beans	Kale
Kidney Beans	Lamb	Lean Beef	Leeks	Lentils
Lettuce	Macadamia Nuts	Mushrooms	Oats	Olive Oil
Onions	Oranges	Radishes	Salmon	Sardines
Squash	Strawberries	Sweet Potatoes	Tomatoes	Trout
Tuna	Walnuts	Whole Milk	Yogurt	Zucchini

There are, of course more, but this is a start for you. Now do a little research and see if you can start to see some meals that can be made with these healthy ingredients. You can add other ingredients and sources to fill out a meal if you have to, but strive to stay within the constraints of healthy foods.



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