

# Teaching Tool Download

## Mix & Match Heart Healthy Meal Builder

### BREAKFAST IDEAS

| Start With        | Topping Ideas  | Serve With   |
|-------------------|--|--|
| Sweetpotato Toast | <ul style="list-style-type: none"><li>• Nut Butter</li><li>• Greek Yogurt</li><li>• Mashed Avocado or Chickpeas</li></ul>      | <ul style="list-style-type: none"><li>• Berries</li><li>• Apples &amp; Cinnamon</li><li>• Salt-Free Everything but the Bagel Seasoning</li></ul> |
| Eggs              | <ul style="list-style-type: none"><li>• Diced Sweetpotatoes</li><li>• Bell Peppers</li><li>• Fruit</li><li>• Spinach</li></ul> | <ul style="list-style-type: none"><li>• Avocado</li><li>• Tomatoes</li></ul>   |
| Oatmeal           | <ul style="list-style-type: none"><li>• Nut Butter</li><li>• Cinnamon</li><li>• Chia Seeds</li></ul>                           | <ul style="list-style-type: none"><li>• Fruit</li></ul>  |

### LUNCH/DINNER IDEAS

| Start With        | Topping Ideas   | Serve With   |
|-------------------|---|--|
| Baked Sweetpotato | <ul style="list-style-type: none"><li>• Low-sodium Black Beans</li><li>• Tomatoes</li><li>• Onions</li><li>• Cilantro</li></ul>   | <ul style="list-style-type: none"><li>• Guacamole</li></ul>  |
| Salmon            | <ul style="list-style-type: none"><li>• Salt-Free Seasoning Blend of Choice</li></ul>   | <ul style="list-style-type: none"><li>• Roasted Sweetpotatoes</li><li>• Roasted Broccoli</li><li>• Roasted Asparagus</li></ul> |
| Salad Greens      | <ul style="list-style-type: none"><li>• Roasted Sweetpotatoes</li><li>• Applies</li><li>• Pomegranet Seeds</li><li>• Pecans, Walnuts or other nut</li><li>• Cook Chicken breast</li><li>• Chickpeas</li></ul> | <ul style="list-style-type: none"><li>• Apple Cider Vinegarette</li><li>• Balsamic Vinegarette</li><li>• Goat Cheese</li></ul> |



# SNACK IDEAS

| Start With           | Topping Ideas  | Serve With  |
|----------------------|--|---|
| Air-Popped Popcorn   | <ul style="list-style-type: none"><li>• Almonds</li><li>• Pumpkin Seeds</li></ul>  | <ul style="list-style-type: none"><li>• Dried Fruit</li><li>• Nutritional Yeast</li><li>• Cinnamon</li><li>• Everything but the Bagel Seasoning</li></ul> |
| Whole Grain Crackers | <ul style="list-style-type: none"><li>• Sweetpotato Hummus</li><li>• Nut Butter</li><li>• Swiss Cheese</li><li>• Low-sodium Cottage Cheese</li></ul> | <ul style="list-style-type: none"><li>• Banana</li><li>• Cucumber</li></ul>   |
| Greek Yogurt         | <ul style="list-style-type: none"><li>• Chia Seeds</li><li>• Nuts</li><li>• Low-sugar Granola</li></ul>  | <ul style="list-style-type: none"><li>• Berries</li><li>• Peaches</li></ul>   |

