



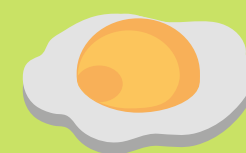
Healthy Meal Builder 2023



In order to accommodate the diverse dietary needs of our clients, please consider these guidelines when preparing your menu. We want to ensure that we are offering a balanced meal that contains all of the groups below. Please take into consideration that KSM prefers to serve meals that clients do not often have access to and that would appeal to the intended clientele; children or adults.

High Protein Foods

Protein is essential for fueling energy. Try including a healthy protein option like poultry, beef, eggs, or dairy.



Have plenty of vegetables and fruits

Choose a variety of colours for increased nutrients such as vitamins, minerals, and fibre.

Prepare as raw, steamed, or roasted.

Eat protein foods

Vegetarian protein contains no meat products.

Examples: Tofu, Beans, Lentils, Peas.

Whole grain foods contain more fibre.

Examples: Brown Rice, Quinoa, Couscous, Whole Grain Pasta.

Please prepare the following:

- 42 meals total:
- All of which are well-balanced and healthy serving sizes
- All of which appeal to the intended clientele (family night, adult night, etc.)
- 10 of which are vegetarian
- An additional amount for second helpings

Choose whole grain foods