

Forest Family Forever!

Name _____

Eat Less Beef

Student Activity Sheet

Choose foods that you like to eat from the following categories. Include as much variety as possible for a healthy diet. Share this list with your family and use the space at the bottom of the page to create a beef-free menu for a day. You can help save the rainforests by eating less beef!

Breakfast

- bagel
- cereal
- cream of wheat
- eggs
- french toast
- fruit salad
- grits
- muffin
- oatmeal
- pancakes
- toast
- waffles

Lunch

- chicken burger
- fish sticks
- pizza
- quesadilla
- salad
- sandwiches
 - chicken or egg salad
 - grilled cheese
 - hummus
 - peanut butter
 - tofu deli slices
- soup
- sushi rolls
- tofu or turkey hot dog
- veggie Sloppy Joes
- veggie taco

Dinner

- baked beans
- bean burrito
- casserole
- cheese enchilada
- chile relleno
- cornbread
- lasagna
- macaroni and cheese
- mashed potatoes
- pasta primavera
- quiche
- spaghetti
- stir fry
- tamale
- veggie burger
- vegetarian chile

Beef-Free Menu for a Day

Breakfast

Lunch

Dinner

