

Balanced Meal Plan Selection

Date: [Insert Date]

Dear [Student's Name],

As part of our commitment to promoting healthy eating habits, we are excited to present you with your personalized balanced meal plan for the upcoming semester.

Your Meal Plan

Breakfast Options:

- Oatmeal with Fresh Fruits
- Whole Wheat Toast with Avocado
- Greek Yogurt Parfait

Lunch Options:

- Grilled Chicken Salad
- Quinoa and Black Bean Bowl
- Vegetable Stir-fry with Brown Rice

Dinner Options:

- Salmon with Steamed Broccoli
- Pasta Primavera with Whole Grain Pasta
- Stuffed Peppers with Lean Ground Turkey

Snacks:

- Hummus with Carrot Sticks
- Mixed Nuts
- Fruit Smoothie

Please review your meal selections and feel free to make adjustments if needed. Our goal is to ensure you have access to nutritious meals that will support your academic and personal growth.

For any questions or changes, please contact the dining services at [Insert Contact Information].

Best Regards,

[Your Name]

[Your Position]

[School/Organization Name]