

# Healthy traditional meal

400 CALORIES  
40G CARBS  
40G PROTEIN  
6G FAT

**Fruit :**

*apple*

**Vegetable:**

*lettuce, tomatoes,  
bell peppers*

**Protein:**

*ground bison  
pinto beans*

**Whole Grain:**

*Wild Rice*

## Bison Bowl



## How does this fit on my native plate?

**Feel free to replace these with anything you have,  
just always make sure you include all 4 food groups!**