Chef Solus Christmas Dinner Guest Planner

Family and friends can help reduce some of the holiday cooking by bringing side dishes to complete the meal with foods from all the food groups!



Some ideas:

tossed salad, vegetable dish or veggie casserole, any appetizer- veggie platter with low fat dip, crackers and cheese, jello mold with fruit, fruit pies,

rbread

Whol	e Grains	Vegetables	Fruits	Milk/Calcium	Meat/Protein
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Family/Friend	Dish they will bring	Confirmed
	A1 A1 A2 A 2	









A healthy holiday meal has foods from all the food groups!

