

# 19 PROTEIN FOR BREAKFAST: THE GREATEST BREAKFAST BURRITO HANDOUT



### STEP 1: Select your ingredients.

Circle the ingredients you'd like to include in your burrito. Be sure to select a food representing each of the following categories: protein, veggie/fruit, whole grain, and fat.

### STEP 2: Add up the totals of the circled items in Column 2.

This is what it would cost to buy these items on a trip to the grocery store.

### STEP 3: Add up the totals of the circled items in Column 3.

This is the total cost of your burrito.

FOOD ITEM	COST	COST PER SERVING
Avocados	1 avocado: \$1.40	½ avocado: \$0.70
Black beans	15 oz. can: \$0.89	4 oz. (½ C): \$0.24
Brussels sprouts	1 lb. bag: \$6.99	4 oz. (½ C): \$1.75
Cheese, Cheddar	8 oz. bag: \$2.50	1 oz.: \$0.31
Cottage Cheese	12 oz. container: \$1.89	4 oz.: \$0.63
Eggs	1 dozen: \$2.89	1 egg: \$0.24
Flax seed	16 oz. box: \$2.99	2 T: \$0.10
Ham	8 oz. package: \$2.99	4 oz. (½ C): \$1.50
Onion	1 onion: \$0.80	¼ onion: \$0.20
Pepper, Bell	A bag of bell peppers: \$4.99	3 peppers: \$0.25
Pepper, Jalapeño	1 jalapeño pepper: \$0.20	1 pepper: \$0.20
Potatoes	5-lb. bag: \$2.55	8 oz. (1 C): \$0.26
Rice, Brown	16 oz. bag: \$1.19	4 oz. (½ C): \$0.30
Salsa	15.5 oz. jar: \$3.50	2 T (1.2 oz.): \$0.27
Spinach	10 oz. bag: \$1.99	4 oz. (½ C): \$0.80
Tomatoes	Package of 4: \$3.99	1 tomato: \$1.00
Tortillas, Whole Wheat	Package of 8: \$1.99	1 tortilla: \$0.25

oz. = ounces      C = Cups  
lb. = pounds      T = Tablespoons

**TOTAL COST OF INGREDIENTS:**

\$

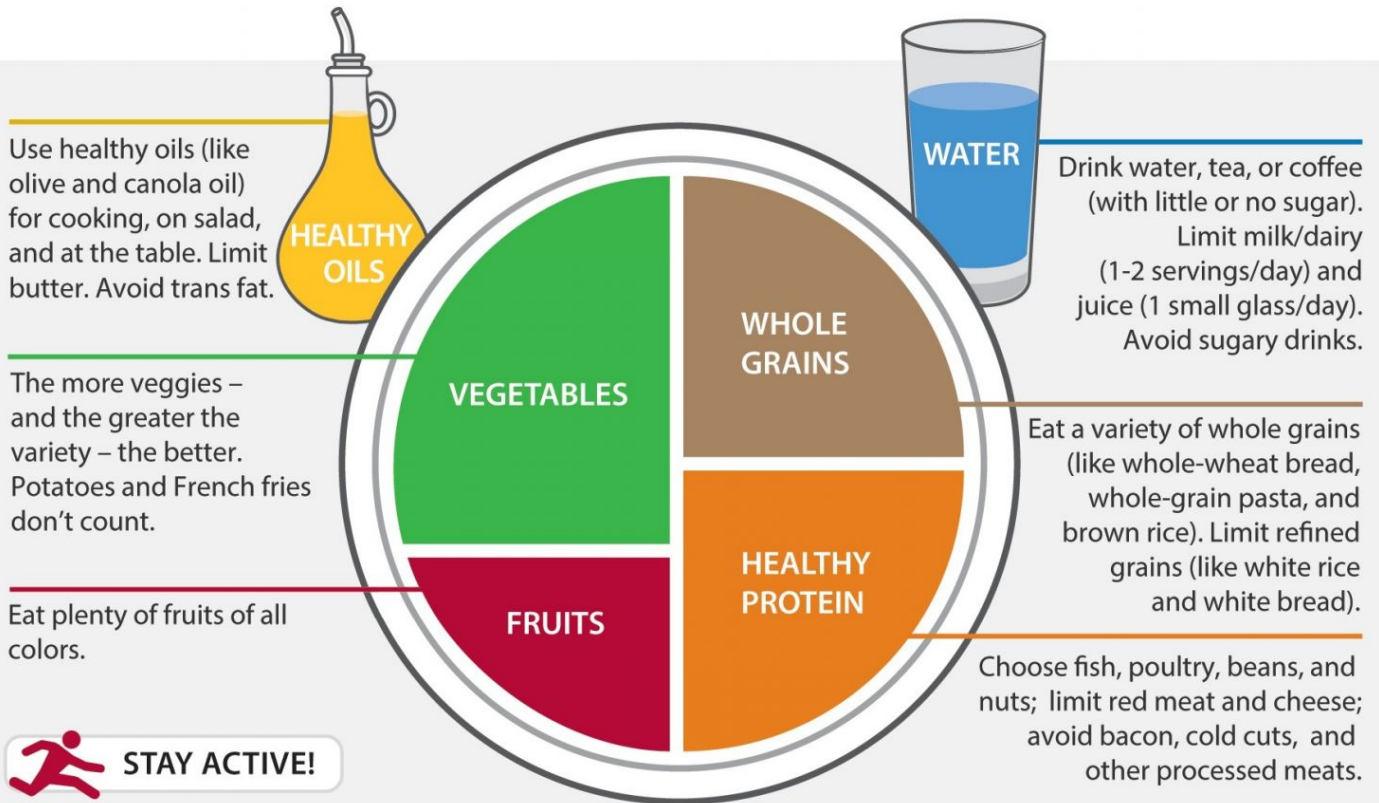
**COST PER BURRITO:**

\$

**STEP 4: Does your burrito meet the MyPlate recommendations?**



# HEALTHY EATING PLATE



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