



KNOW YOUR PLATE

Inside Track, Week 1: find the protein, fiber
and produce already on your tray.

OUTSIDE EATS.ORG

INSIDE TRACK • WEEK 1

Start with your tray.

You can eat better without buying anything new.

This week is about noticing. Most trays already have some plant protein, fiber and produce on them. Beans, peanut butter, oatmeal, rice, bread and vegetables all count.

For the next seven days, look at what you eat, find the parts that keep you full longer, and practice building a fuller plate from what you already get. Use what works for you.

Important: general educational information only. Follow your facility's rules on food, trading and storage. For medical or diet needs, use your facility's medical or diet request process.

Four parts of a full plate.

Look for these on every tray, commissary list or care package.

1

BASE

- Rice
- Pasta
- Potato
- Oatmeal
- Tortilla
- Bread

2

PROTEIN

- Beans
- Lentils
- Chickpeas
- Peanut butter
- Peas
- Soy crumbles

3

PRODUCE

- Cooked veg
- Salad
- Fruit cup
- Fresh fruit

4

FLAVOR

- Salsa
- Hot sauce
- Seasoning
- Soy sauce
- Spices
- Tomato sauce

TRY IT

Rice + beans + vegetables + hot sauce = a full plate.

Oatmeal + peanut butter + fruit = a full breakfast.

What I ate this week

I ATE

What was on
your tray.

THE FULL PARTS

Protein, fiber,
produce.

NEXT TIME

One change to
try.

NO PERFECT TRAY

You cannot control the menu. You can notice it, eat the fuller parts first, and trade up when the rules allow.

TRY IT THIS WEEK

Hot-water meals

Common commissary items. No kitchen needed.

Peanut Butter Oatmeal



HOT WATER

YOU NEED

- oatmeal packet
- hot water
- peanut butter
- fruit (optional)

DO THIS

Add hot water to the oats and stir.
Mix in peanut butter. Top with fruit.

OPTIONALLY:

Use oatmeal from your tray.

Bean + Rice Bowl



HOT WATER

YOU NEED

- instant rice
- bean pouch
- salsa or hot sauce
- hot water

DO THIS

Add hot water to the rice. Cover 5 min.
Stir in beans. Top with salsa.

OPTIONALLY:

Wrap it in a tortilla.

FOLLOW THE RULES

Only use hot water or a microwave where your facility allows it. More no-kitchen meals are coming in Week 3.

What I noticed

Check what you did this week.

- ☐ I looked at my tray at every meal.
- ☐ I found the protein on my tray.
- ☐ I found the fiber: beans, oats, whole grains.
- ☐ I ate the vegetables or fruit that were served.
- ☐ I tried one allowed trade or swap.
- ☐ I filled in my tray scan for 3 days.
- ☐ I made one of this week's recipes.
- ☐ I shared one idea with someone else.

One thing I will keep doing:

My question for Week 2:
