Eating well for Adults: Balanced Meals Photo Resource

This a sample of a few food photos (resource in development).

The available resource will also contain:

- ☐ Photos of various meals (breakfast, lunch, main meals (including vegetarian), snacks and desserts
- Notes for each photo giving a description of what is in the photo
- ☐ Recipes as a Word document (for many of the dishes in the photos)









