After Stir Fry Demo

1. Would you say this is a full meal? Why/why not?
2. What would you add to make this a full meal?
3. Does it meet all the meal considerations?
4. Does it meet all the ingredient combination considerations?
5. What would you do to make this meal better – for all considerations
6. What is the carbohydrate of this meal? What are the vitamins and minerals? What is the protein? What is the fat?