

# Healthy Breakfast

Pick at least one  
from each  
category!

## Protein



Nuts



Peanut butter



Egg



Sausage



Yogurt



Tofu



Cottage cheese

## Whole Grains



Whole grain  
toast



Oatmeal



Waffles



Pancakes



Muffins

## Fruits & Veggies



Blueberries



Bananas



Avocado



Tomatoes



Blackberries



Apples



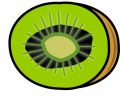
Cantaloupe



Grapefruit



Oranges



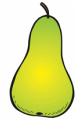
Kiwi



Mango



Peaches



Pears



Pineapple



Raspberries



Plums



Strawberries



Kale



Spinach



Zucchini



Peppers

# Try These Combos



Oatmeal



Blueberries



Yogurt



Whole wheat  
toast



Hard boiled  
egg



Orange



Whole wheat  
toast



Peanut butter



Bananas



Whole grain  
pancakes



Cottage cheese



Raspberries



Yogurt  
(smoothie)



Frozen mango  
(smoothie)



Banana  
(smoothie)



Spinach  
(smoothie)



Orange juice  
(smoothie)



Whole grain  
muffin



Whole wheat  
toast



Egg



Avocado



Tomatoes



Scrambled egg



Tofu



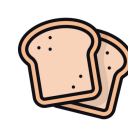
Peppers



Tomatoes



Spinach



Whole wheat  
toast



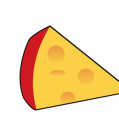
Tortillas



Egg



Beans



Cheese



Apple slices

# Lunch Box Checklist

Pick one from each category. Mix & Match!

## Fruits



Apples



Heathens



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

## Starches



Bagel



Bread



Crackers



Pasta



Pretzels

## Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

## Proteins



Deli meat



Egg



Tofu



Nuts



Peanut butter

## Dairy



Cheese



Milk



Yogurt



# Healthy Snack Ideas



Yogurt with fresh fruit



Healthy granola bar



Veggie sticks with ranch dressing



Fruit and nuts



Ants on a log



Hard boiled egg and a piece of fruit



Cheese and crackers















Fruit and a piece of cheese



Guacamole and tortilla chips



# How to Menu Plan

- ☐  TIP: You can encourage participation from the whole family by doing all of the below in a shared online location like Google Docs.
- ☐  Make a list of your family's favorite meals for reference. This is key!
- ☐  Make a list of family staples that you need to replenish each week.
- ☐  Consider storing your recipes online for easy access by any chef in the house.
- ☐  Choose a regular time to menu plan weekly. Try right after dinner on a consistent day of the week.
- ☐  Create a Menu Plan document the whole family can see.
- ☐  Write down the days of the week.
- ☐  Check your family calendar and write down any dinnertime conflicts.
- ☐  Brainstorm meals for the week that fit around the conflicts - the list of favorite meals from step 2 will be a huge help.
- ☐  Write down who will cook each meal, aiming to balance the workload across the family. Encourage the chef to pick what meal they'll make on their night to cook.
- ☐  Consider scheduling in some takeout days, especially on nights when everyone is busy.
- ☐  Make the grocery list using the menu plan, online recipes, and the weekly staples list. Try trading off grocery shopping each week with the other household members.

# Dinner Ideas

## Mon: Chicken Penne



Chicken



Pasta



Spinach



Cantaloupe

## Thurs: Beef Lo Mein



Beef



Ramen



Carrots



Bok choy



Grapefruit

## Tues: Bagels



Bagel



Cream cheese



Egg



Tomatoes



Peppers



Mango

## Fri: Tacos



Ground beef



Tortillas



Guacamole



Tomatoes



Lettuce



Shredded cheese

## Wed: Salmon & Rice



Salmon



Rice



Broccoli



Cherries

## Sat: Takeout



Pizza

## Sun: Falafel



Chick peas



Wraps



Lettuce



Tomatoes



Cucumber