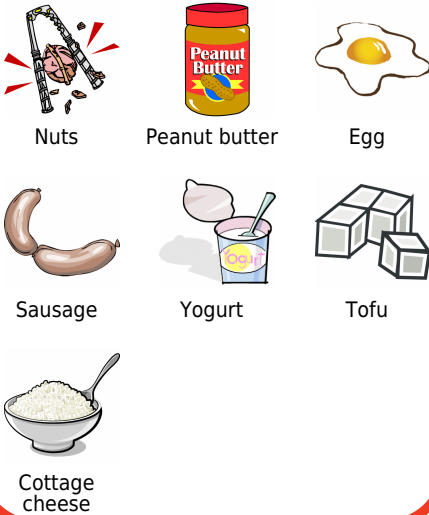




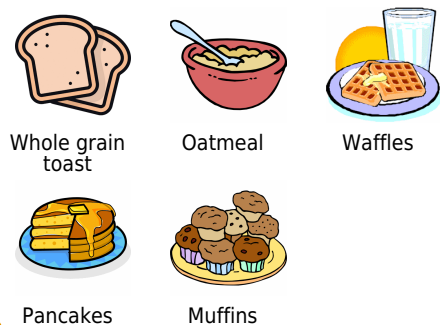
Healthy Breakfast

Pick at least one
from each
category!

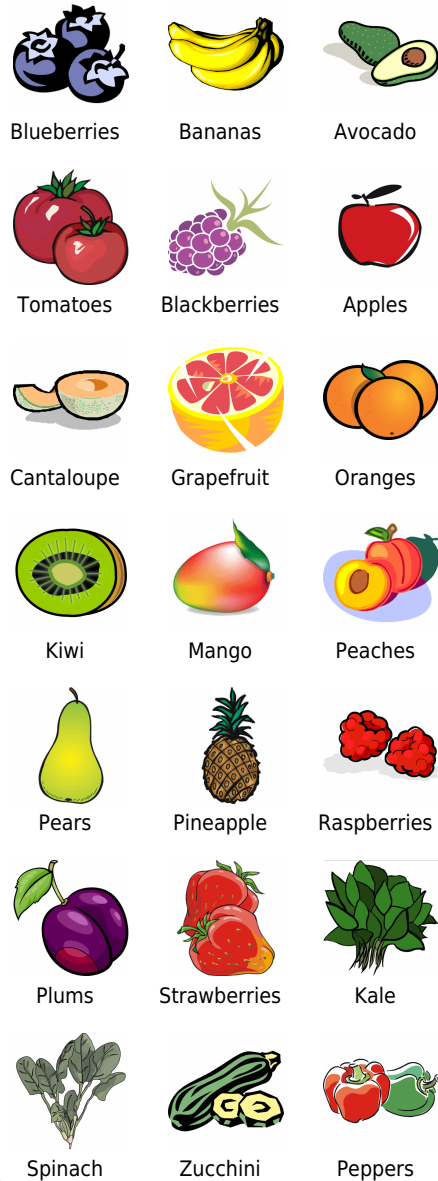
Protein



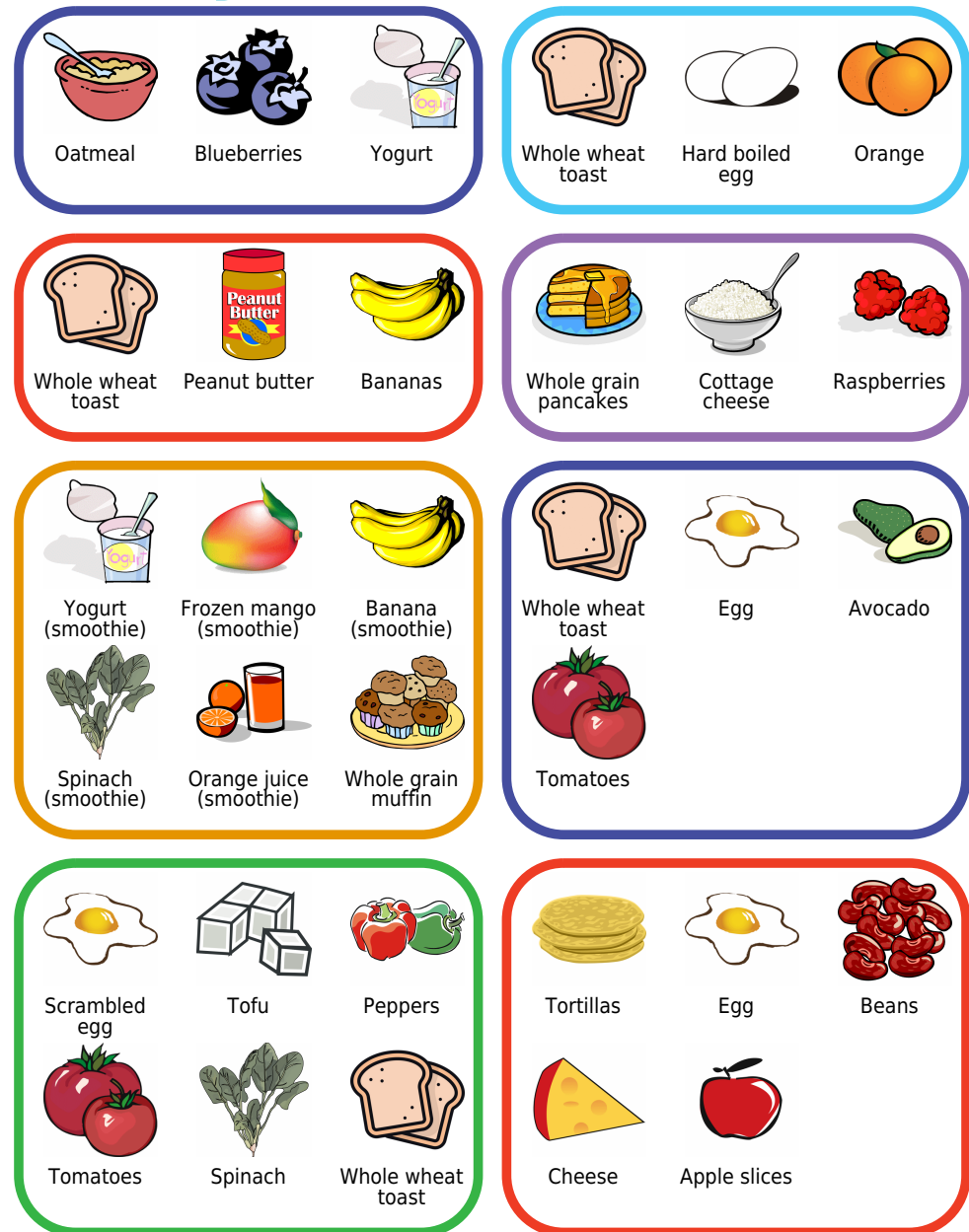
Whole Grains



Fruits & Veggies



Try These Combos





Lunch Box Checklist

Pick one from each category.
Mix & Match!

Fruits



Apples



Pineapple



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