

Sample 1-Week Quick and Easy Meal Plan

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST (for a family of 4; 2 adults, 2 preschoolers)	Cereal O shaped cereal Blueberries Diced nuts Low-fat milk	Bran muffins Yogurt Sliced grapes	Whole grain bagel with peanut butter Sliced oranges Low-fat milk	Creamy banana walnut oatmeal	Breakfast casserole Sliced pears	Yogurt parfait	Breakfast tacos Low-fat milk
MORNING SNACK (for 1 adult, 2 preschoolers)	Green smoothie	Apple wraps Low-fat milk	Fresh fruit with cinnamon yogurt	Hard boiled eggs with whole wheat toast Jam Low-fat milk	Cottage cheese and fruit	Whole wheat tortilla with cheese Sliced apples	Yogurt with fruit
LUNCH (for a family of 4; 2 adults, 2 preschoolers)	Black bean and vegetable quesadillas	Tuna melt	Veggie wraps	Quinoa and white bean salad	Leftovers: Noodles with peanut sauce	Taco salad Homemade corn tortilla chips	Tuna boats Whole grain crackers
AFTERNOON SNACK (for 1 adult, 2 preschoolers)	Curry yogurt dip Pita Veggies	Tropical carrot salad	Cheese and whole grain crackers	Frozen yogurt pops	Fruit smoothie	Ricotta watermelon salad Whole wheat toast	Peanut butter rollups
DINNER (for a family of 4; 2 adults, 2 preschoolers)	Easy chicken and vegetables Whole grain noodles	Triple bean chili Brown rice Green salad	Leftovers: Triple bean chili Brown rice Green salad	Noodles with peanut sauce	Fried rice and veggies	Salmon pasta bake	Turkey burger macaroni

Menu items in **bold** text can be found in *Health eKitchen!*

Note: Nuts and seeds are a choking hazard and should not be given to children under 4. Finely minced is okay to give.

Grocery List

VEGETABLES	FRUIT	GRAINS	PROTEIN	DAIRY	SPICES	OTHER
Avocado Bell pepper Broccoli (fresh or frozen) Carrot Celery Cilantro Corn (canned fresh or frozen) Cucumbers Frozen peas Frozen veggies Green onion Mushrooms Onion Potatoes Radishes Red onion Spinach Tomatoes Zucchini	Apples Banana Blueberries (fresh or frozen) Canned peaches Frozen berries Frozen strawberries Grapes Lemon Mango Oranges Pears (canned or fresh) Pineapple (canned or fresh) Raisins Watermelon	Crunchy cereal O shaped cereal Bran cereal with raisins All purpose flour Bran muffin Brown rice Corn tortillas Instant oatmeal Quinoa Whole grain bagel Whole wheat bread Whole grain crackers Whole wheat flour Whole wheat penne pasta Whole wheat tortillas	Chicken Eggs Canned pink salmon Canned tuna Peanut butter Tofu Black beans Garbanzo beans Kidney beans Pinto beans White beans	Buttermilk Cheese Cottage cheese String cheese Low-fat milk Plain yogurt Ricotta cheese Yogurt	Chili powder Cinnamon Curry powder Dried ginger Dried parsley Garlic (fresh, jarred, or dried) Oregano Salt Pepper	Apple cider vinegar Baking soda Canned tomato sauce Honey Jam Mayonnaise Mustard Nuts (chopped walnuts) Oil Orange juice Parmesan cheese Salsa Soy sauce Sugar Sunflower seeds Vinegar Balsamic vinaigrette dressing

Quick and Easy Notes:

Cook a double portion for 2 meals: Triple bean chili (recipe makes 8 servings, 2 dinners for 4), Noodles with peanut sauce (recipe makes 8 servings, dinner for 4 plus lunch for 4)

Prepare in advance: Apple wraps, Hard boiled eggs, Curry yogurt dip, Frozen yogurt pops

Freezer: Bran muffins (freeze half for later), Salmon pasta bake (recipe makes 9 servings, freeze half for later)

Batch cook: for Brown rice with Triple Bean Chili, make a triple batch - use for 2 nights with Chili, then to make Fried rice and veggies

30-minute: Cereal, Whole grain bagel with peanut butter, Creamy banana walnut oatmeal, Yogurt parfait, Breakfast tacos, Green smoothie, Apple wraps, Fresh fruit with cinnamon yogurt, Hard boiled eggs with toast, Cottage cheese and fruit, Whole wheat tortillas with cheese, Yogurt and fruit, Veggie wraps, Noodles with peanut sauce, Tuna boats, Curry yogurt dip, Tropical carrot salad, Cheese and crackers, Fruit smoothie, Ricotta watermelon salad, Peanut butter rollups, Turkey burger macaroni

No-cook: Cereal, Whole grain bagel with peanut butter, Yogurt parfait, Green smoothie, Apple wrap, Fresh fruit with cinnamon yogurt, Cottage cheese and fruit, Yogurt and fruit, Tuna boats, Curry yogurt dip, Tropical carrot salad, Cheese and crackers, Frozen yogurt pops, Fruit smoothie, Ricotta watermelon salad, Peanut butter rollups

1-dish: Cereal, Whole grain bagel with peanut butter, Creamy banana walnut oatmeal, Yogurt parfait, Green smoothie, Apple wraps, Fresh fruit with cinnamon yogurt, Hard boiled eggs with toast, Cottage cheese and fruit, Whole wheat tortillas with cheese, Yogurt and fruit, Black bean and vegetable quesadillas, Tuna melt, Veggie wraps, Tuna boats, Curry yogurt dip, Tropical carrot salad, Cheese and crackers, Frozen yogurt pops, Fruit smoothie, Ricotta watermelon salad, Peanut butter rollups