

RECIPE GUIDE FOR


















# A Week of Simple, Healthy Meals



Try the plan below or mix-and-match the following simple recipes for 5 days of healthy meals (plus leftovers!) the whole family will enjoy.

Use the *Eating Healthy at Home* Recipe Cards for fun and easy instructions for preparing each meal.

<b>Monday</b> <i>Meatless Monday – tasty alternative sources of protein!</i>	<b>Tuesday</b>	<b>Wednesday</b> <i>Your Way Wednesday</i>	<b>Thursday</b>	<b>Friday</b> <i>Family Movie Night</i>
 <b>BREAKFAST</b> Apple Pie Smoothie	 <b>BREAKFAST</b> Peanut Butter and Jelly Smoothie	 <b>BREAKFAST</b> Top-Your-Own Breakfast Tacos	 <b>BREAKFAST</b> Pizza Toast	 <b>BREAKFAST</b> Cheesy Scrambled Eggs
 <b>LUNCH</b> Green-And-Bean Quesadilla	 <b>LUNCH</b> Pasta with Peas	 <b>LUNCH</b> Rainbow Sandwich	 <b>LUNCH</b> Delicious Do-It-Yourself Lettuce Wraps	 <b>LUNCH</b> Any-Vegetable Easy-Crust Pizza
 <b>SNACK</b> Energy Bars	 <b>DINNER</b> Oven-Roasted Salmon  with _____	 <b>DINNER</b> Chicken Your Way	 <b>DINNER</b> Classic Burgers  with _____	 <b>DINNER</b> Not Your Grandma's Fried Chicken
 <b>DINNER</b> Zucchini "Spaghetti"	 <b>DINNER</b> Cheesy Roasted Asparagus	 <b>TREAT</b> Vanilla Applesauce	 <b>DINNER</b> Crispy Carrot Fries	 <b>SNACK</b> Cauliflower Popcorn

The above meal plan was developed to represent a variety of meal options containing a balance of whole grains, lean proteins, and fruits/vegetables each day.

Recipes available online at [HealthierGeneration.org/EatingHealthyAtHome](https://HealthierGeneration.org/EatingHealthyAtHome)