

# Family Meal Ideas

## BREAKFAST

Oatmeal + peanut butter + yogurt + berries

Scrambled eggs + toast with butter + fruit

Waffles + sunbutter + banana

Yogurt + pepita seeds + granola + berries

Fried egg + cheddar + english muffin + apple slices

Whole grain cereal + milk of choice + turkey bacon + orange

Scrambled eggs + black beans + sweet potato hash skillet

Fried eggs + mini bagel with butter + blueberries

Smoothie with yogurt + spinach + berries + milk/juice/water + flaxseed

Breakfast burrito with eggs + cheese + bell pepper + spinach in tortilla

On-the-go mix with dry cereal + nuts + dried fruit + glass of milk or cup of yogurt

## LUNCH

Tuna + guacamole + crackers + carrots + fruit slices

Black bean nachos + salsa + tortilla chips + bell peppers + shredded cheese

Bagged salad mix + chicken (precooked) + crackers + chocolate

Egg salad on favorite bread + lettuce + cherry tomatoes

Chicken noodle soup + crackers with peanut butter

Simple pasta salad + feta cheese + tomatoes + cucumbers + ham cubes

Grilled cheese on favorite bread + cup of tomato soup + fruit slices

Turkey slices + hummus + snap peas + trail mix

Chicken + guacamole + pepper in wrap + almonds + grapes

Yogurt + berries + crackers + cheese

Crackers + hummus + nuts + veggies

Boiled eggs + nuts + pretzels + fruit + veggies

## DINNER

Flatbread pizza with your family's favorite toppings + side salad

Greek salad with chicken+ feta + greens + cucumber + dressing

Shrimp stir-fry with mixed veggies + quinoa + avocado oil + seasonings

One-pan kielbasa + roasted broccoli + diced potatoes

Turkey burger on bun + steamed mixed veggies

Tostada with refried beans + cheese + salsa + olives + shredded lettuce

BBQ rotisserie chicken + pinto beans + green beans

Salmon croquettes + mac & cheese + peas

Vegetable beef (or lentils) soup + cornbread

Stuffed bell pepper with pre-cooked beef + black beans + cheese + BBQ sauce

Chicken + pasta + pesto + zucchini

Snack dinner with assorted cheeses + meat slices + olives + nuts/seeds + hummus + veggies + berries/fruit slices + crackers/chips

## SNACKS

Tuna + crackers

Apples + peanut butter

Hummus + snap peas/carrots

Small salad + dressing

Yogurt dip + cucumber

Cheese + crackers

Trail mix with nuts + seeds+ dried fruit + pretzels or whole grain cereal

Yogurt with granola

Cottage cheese + fruit

Small cup soup

Guacamole + grain chips

Toast with PB + banana

Whole grain cereal + milk

Piece of fruit + nuts

Nuts or yogurt + chocolate

Pretzels with hummus

Too-small-for-a-meal leftovers

Your favorite snack bar