A watercolor-style illustration of several orange carrots with green leafy tops. The carrots are positioned at the bottom, and the leafy tops extend upwards, filling the upper half of the page. A semi-transparent yellow rectangular box is overlaid on the middle of the image, containing the title text.

Kids In Nutrition Cookbook

Cookbook Created By: Rachel Chan and Ryan Kokoska

Adapted to Spanish by: Antonio Cortijo-Rodgers

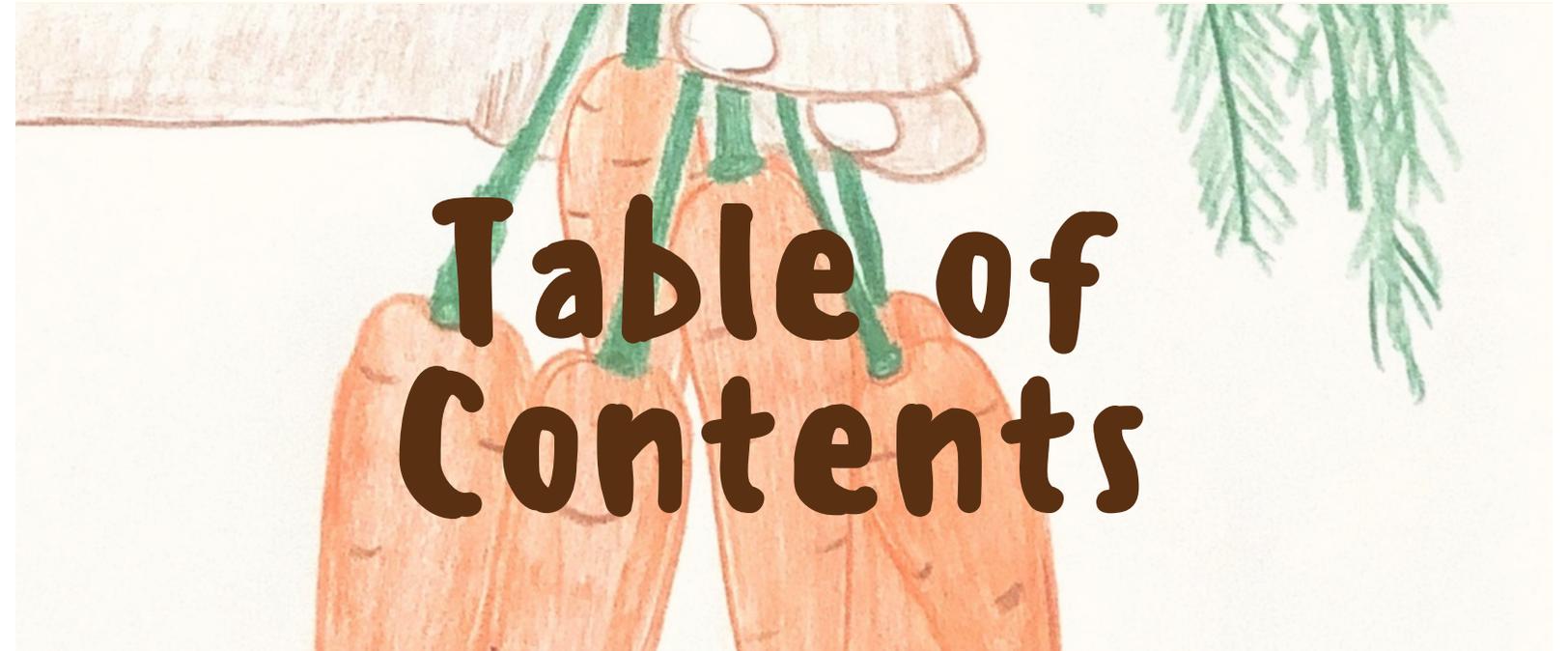


Table of Contents

Intro

- 1 Our Mission
- 2 The Cookbook & What We Teach
- 3 The Lessons: Week 1 & 2
- 4 The Lessons: Week 3 & 4
- 5 The Lessons: Week 5 & 6
- 6 The Lessons: Week 7 & Weekly Challenges
- 7 Dairy Discussion

Breakfast

- 8 Mexican Breakfast Casserole
- 9 Mexican Breakfast Bowls
- 10 Mexican Breakfast Cups
- 11 Banana Oatmeal Pancakes
- 12 Slow-Cooker Oatmeal
- 13 Healthy Breakfast Sandwich
- 14 Veggie Crustless Quiche
- 15 Yogurt Parfaits
- 16 13-Ingredient Breakfast Cookies
- 17 Breakfast Burrito Bowls
- 18 Extreme Veggie Scrambled Eggs
- 19 Peanut Butter and Banana Waffle Sandwich

Breakfast (continued)

- 20 Homemade Instant Oatmeal
- 21 Easy Overnight Oats
- 22 French Toast
- 23 Extra Breakfast Side: Roasted Breakfast Potatoes

Lunch

- 24 Veggie Quesadillas
- 25 Lunch Meat Wraps
- 26 Vegetarian Quinoa Salad
- 27 Egg Salad Sandwich
- 28 Crazy-Good Chicken Salad
- 29 DIY Pasta Salad
- 30 Classic Taco Salad
- 31 Peanut Butter (PB) & Banana Roll Ups
- 32 Lunchbox Burrito Bowls
- 33 Veggie Lunch Wraps
- 34 Black Bean Wraps
- 35 Pita Lunchables
- 36 Flatbread Lunch Pizza
- 37 Chicken Taquitos
- 38 Teriyaki Chicken Rice Bowl

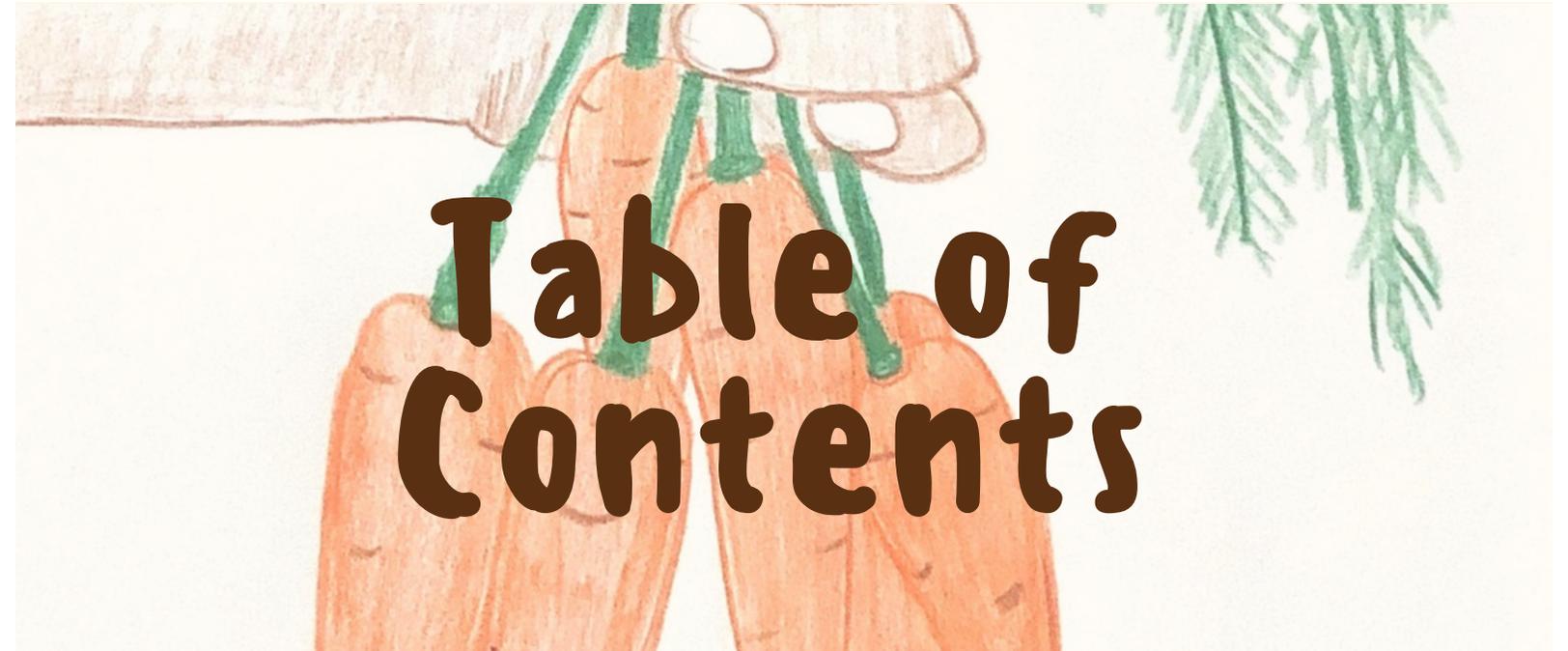


Table of Contents

Dinner

- 39 Easy Oven Fajitas
- 40 Roasted Vegetable Baked Ziti
- 41 Fried Brown Rice
- 42 One Pan Mexican Quinoa
- 43 Mac and Cheese
- 44 Chickpea "Chicken Nuggets"
- 45 Make Your Own Tacos Bar
- 46 Avocado Pesto Pasta

- 47 Veggie Lo Mein
- 48 Veggie Black Bean Enchiladas
- 49 One-Pan Honey Garlic Chicken and Veggies
- 50 Pesto Chicken Veggie Meatballs
- 51 Salmon Baked Bean Burrito Bowl
- 52 Pita Pizza
- 53 Teriyaki Turkey Burgers

Snacks

- 54 Fan-Favorite Guacamole
- 55 Roasted Vegetables
- 56 Baked Parmesan Zucchini Fries
- 57 Nut Butter and Banana Toast
- 58 Avocado Toast and Egg

Desserts

- 59 Peanut Butter and Banana Shake
- 60 Nut Butter Apple Bites
- 61 Sugar Free Cookies
- 62 Banana "Nice" Cream
- 63 Dark Chocolate Avocado Brownies

Extra Information

- 64 Cookbook Wrap up
- 65 How to Read a Nutrition Label
- 66-93 Nutrition Facts



What is Kids in Nutrition?

Our Mission

At Kids In Nutrition, we educate kids about nutritious diets and healthy habits that will help them to grow into the strongest and smartest students that they can be! Our program consists of a unique seven-lesson interactive nutrition and food sustainability curriculum. The kids are taught one hour a week, for seven weeks. Each week, a new topic is explored. We actively engage the students with visuals, hands-on activities, group discussions, and outdoor exercises. Each lesson lines up with state education standards to supplement and reinforce current classroom activities.

During the first classroom visit, 4-6 elementary school students are paired with one college volunteer from a local university to form a “KIN group”. Throughout the quarter, KIN groups participate in activities that build strong kinship between the instructor and the student. By mixing fun activities with KIN lesson plans, we encourage the kids to be passionate about nutrition and health!



What's in the KIN Cookbook?

The Cookbook

This cookbook offers a total of 56 delicious, easy, and nutritious recipes that parents and kids can enjoy trying together! Most breakfasts and lunches consist of recipes that are either fast, or can be prepared ahead of a busy day/week. The dinners that were chosen take minimal preparation time, while also being flexible to ingredients and individual kid preferences.

At Kids in Nutrition, we believe that healthy foods are delicious. We also believe that they should be fun to prepare, and exciting to eat too! We hope that you enjoy this cookbook as much as we enjoy teaching about nutritious foods and lifestyles at Kids in Nutrition!

What We Teach

Week 1: Introduction; Water and Sodium

Week 2: Fruits and Vegetables

Week 3: Grains

Week 4: Proteins, Fats, and Cooking Methods

Week 5: Sugars

Week 6: MyPlate, Moderation, and Nutrition
Labels

Week 7: Nutrition Wrap



What's in the KIN Cookbook?

The Lessons



Week 1 Lesson: Introduction; Water and Sodium

- KINdreds: Before our first lesson begins, each KINstructor is assigned to a group of students. For the next 7 weeks, The students will break into these same groups and their KINstructor will lead them through each lessons' group activities. In week 1, we pick nutrition names (usually a favorite fruit or veggie) and talk about hobbies that promote a healthy lifestyle. Each KIN instructor has a nutrition name that the kids will call them in proceeding weeks.
- Water: We learn about what it means to be "hydrated" and "dehydrated". We explain the benefits of staying hydrated throughout the day, and the negative consequences when we don't drink enough water. This is why we need to drink at least 8 glasses of water every day. We brainstorm some ways we can stay hydrated throughout the day by eating fruits and veggies, keeping a water bottle on hand, and drinking before we get thirsty.
- Sodium: The kids are taught that sodium is a fancy word for salt. We only need a little bit.



Week 2: Fruits and Vegetables

- Fruits and Veggies: We teach that fruits and veggies have "vitamins" and "nutrients", and what those words mean. By "eating the rainbow", or all different colors of fruits and veggies, we can make sure we're getting enough nutrients and vitamins. Nutrients give us energy and prevent us from getting sick. Vitamins include Fiber (helps us go to the bathroom), Vitamin C (helps prevent sickness), Potassium (keeps our heart healthy), and Iron (helps get oxygen to our body). Fruits and Veggies should fill half of our plate at meals (the daily recommendation), and they help us to fight diseases too.



What's in the KIN Cookbook?

The Lessons



Week 3: Grains

- Grains: The kids learn about whole, "unrefined" grains, and how to differentiate these from "refined" grains. We demonstrate that refined grains don't contain the brown, fibrous part of a grain. This makes refined grains less nutritious, and they don't keep us full as long. Whole, unrefined grains are usually a brown color, while refined grains are usually white. An example used in class is bread. Whole grain bread is dark brown, while refined bread is white or yellow.
- With our KINdreds, we creatively brainstorm as many whole grains as we can think of. We find that there are usually healthy and tasty whole grain options for the foods we already love (like pancakes, crackers, tortillas, and breads). We encourage the kids to eat a variety of whole grains, and try new ones too.



Week 4: Proteins, Fats, and Cooking Methods

- Proteins: We teach about the importance of protein in our diet. Protein gives us strength, is good for our brain, and is heart-healthy. We can find protein in lean meats (like fish or chicken breast), nuts, eggs, seeds, beans, yogurt, and veggies!
- Fats: We learn about "saturated" and "unsaturated" fats. Saturated fats are often found in foods that are unhealthy, and can clog our arteries and veins. Over time, clogged arteries and veins can contribute to chronic health diseases. "Unsaturated fats help unclog your veins!" We share examples of healthy unsaturated fats like nuts, fish, and olive oil. Examples of saturated fats include trans-fats and fried foods.
- Cooking Methods: The kids compare various cooking methods to decide which ones are healthier options. Steaming, boiling, grilling, baking, and pan-frying are examples of healthy options, while deep-frying is an unhealthy option.



What's in the KIN Cookbook?

The Lessons



Week 5: Sugars

- **Sugars:** We teach the difference between processed (refined) sugars, and natural, healthy sugars. Natural sugars often come from fruits, and are healthy because they also provide vitamins and nutrients (these grow on plants and come from the Earth!). Processed, or added sugars are bad for us because they can cause chronic disease, obesity, and diabetes. Processed sugars come from a factory. They're refined, so they don't have nutrients or vitamins, similar to refined grains. Packaged foods like sodas, fruit juices, and candy bars often have lots of processed sugar. Our body only needs 12 grams of sugar every day, but the daily average per person in the U.S. is 112 grams.



Week 6: MyPlate, Moderation, and Nutrition Labels

- **MyPlate:** We introduce MyPlate as a guideline for what a healthy meal plate looks like. At least half of your plate should be filled with fruits and veggies (20% fruits, 30% veggies), the other half should consist of whole grains (30%), and a lean protein (20%). Each kid colors their own MyPlate with the 4 food groups creatively drawn in to bring home.
- **Moderation:** It means that we're supposed to vary the foods we're eating, to make sure we get all our nutrients and vitamins. We don't eat too much of just one food. This means that we can have unhealthy foods every once in a while (in moderation), but we shouldn't have them every day or with every meal. We point out that MyPlate doesn't include processed foods. These often consist of added sugars and/or saturated fats, and should therefore be eaten in moderation.
- **Nutrition Labels:** We explain how to read food labels on different packaged foods, what to look for, and how to make healthy choices based on that information. More information about nutrition labels is included in the "Reading a Nutrition Label" section at the end of the cookbook. This section is followed by nutrition facts for each recipe in the KIN cookbook.



What's in the KIN Cookbook?

The Lessons



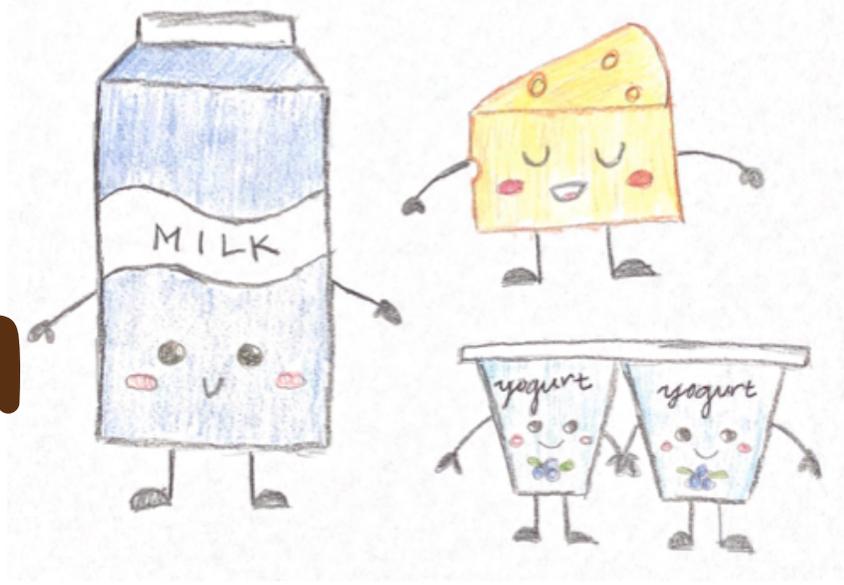
Week 7: Nutrition Wrap

- Nutrition Wrap: During the last KIN lesson, we review previous lessons with a KIN Jeopardy Game. KINDreds work as cooperative teams to take turns in answering questions from Weeks 1-6. The teams solve problems together, and enjoy the healthy competition. We review each week, with 5 questions for every week. We tell one last final joke, and warmly say goodbye to our KINDreds and the teacher.

Weekly Challenges

- Week 1: Bring your KIN water bottle filled with water to school and drink from it every day of the week.
- Week 2: Eat at least one fruit or vegetable of every color in the rainbow.
- Week 3: All week long, whenever you eat grains, eat only whole grains. Try not to eat any refined grains.
- Week 4: Eat mostly lean proteins for a week! Examples are fish, tofu, beans, eggs, and chicken breast.
- Week 5: Eat a piece of fruit at least 3 times this week instead of a dessert with refined sugars.
- Week 6: Practice moderation for at least 3 entire days.
- Week 7: Teach at least three other people something that you learned during the program. Maybe teach friends, family, teammates, anyone!

Dairy Discussion



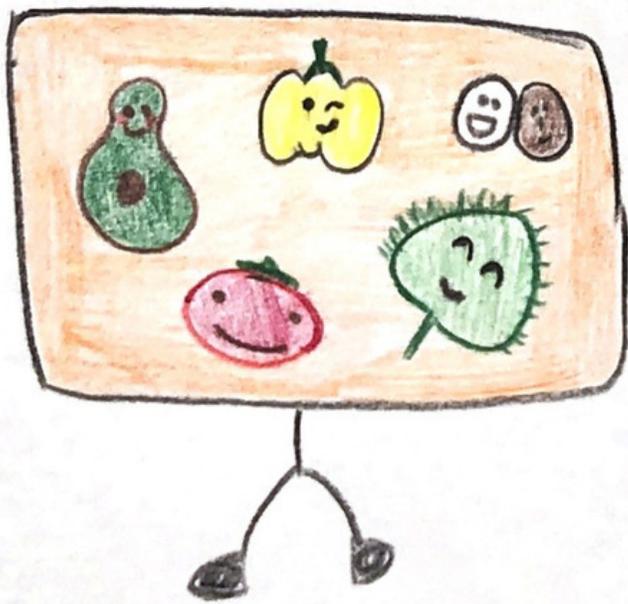
Dairy products such as milk and cheese continue to be discussed in regards to their implications on overall health. Dairy products can be a source of protein and calcium, which contribute to stronger bones and reduced risk of bone injury.

Though, existing research on the direct benefits of dairy milk is mixed, and therefore is not conclusive. For some people, dairy should also be avoided if they are lactose-intolerant or sensitive.

While the nutritional profile for dairy milk is more balanced, plant-based alternatives can also contribute to a nutritious lifestyle. Potential alternatives include almond, oat, soy, and coconut milk. The environmental impacts of dairy milk are significantly greater. For climate impact consideration alone, plant-based alternatives are recommended. As the scientific argument for the health impacts of dairy is still up for debate, we support that both non-dairy and dairy milks can be included in a healthy diet.

For an in-depth explanation of the research on Dairy, see the following sources:

- Solan, Matthew. "Dairy: Health Food or Health Risk?" Harvard Health Blog, Harvard Medical School, 24 Jan. 2019, www.health.harvard.edu/blog/dairy-health-food-or-health-risk-2019012515849.
- Vanga, Sai Kranthi, and Vijaya Raghavan. "How Well Do Plant Based Alternatives Fare Nutritionally Compared to Cow's Milk?" Journal of Food Science and Technology, Springer India, Jan. 2018, www.ncbi.nlm.nih.gov/pmc/articles/PMC5756203/.
- Ahlberg, Blomgren, Hedman, Suokko. Life Cycle Analysis comparison between oat milk and conventional milk. December 2017.
- Beckerman, Jacob P., et al. "Environmental and Economic Effects of Changing to Shelf-Stable Dairy or Soy Milk for the Breakfast in the Classroom Program." American journal of public health 0 (2019):
- McCarthy, K S, et al. "Drivers of Choice for Fluid Milk versus Plant-Based Alternatives: What Are Consumer Perceptions of Fluid Milk?" Journal of Dairy Science, Elsevier, 24 May 2017
- Thoma et al, "Greenhouse gas emissions from milk production and consumption in the United States: A cradle-to-grave assessment circa 2008"



Mexican Breakfast Casserole

PREP TIME: 5 MINS COOK TIME: 25-35 MINS SERVINGS: 6

ingredients

- 1 yellow bell pepper, diced
- 1 cup diced tomatoes
- 1 cup kale, diced
- 1 cup low-sodium black beans, drained and rinsed
- 1 dozen eggs
- 1/2 cup milk
- 1/2 cup salsa
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 2 tablespoons green onion, diced
- 2 tablespoons cilantro, chopped
- 1 avocado, sliced

substitutions

- Vegetarian: almond milk for regular milk. Egg for vegan egg.
- Other vegetable options: thawed and drained frozen spinach, zucchini, mushroom, asparagus

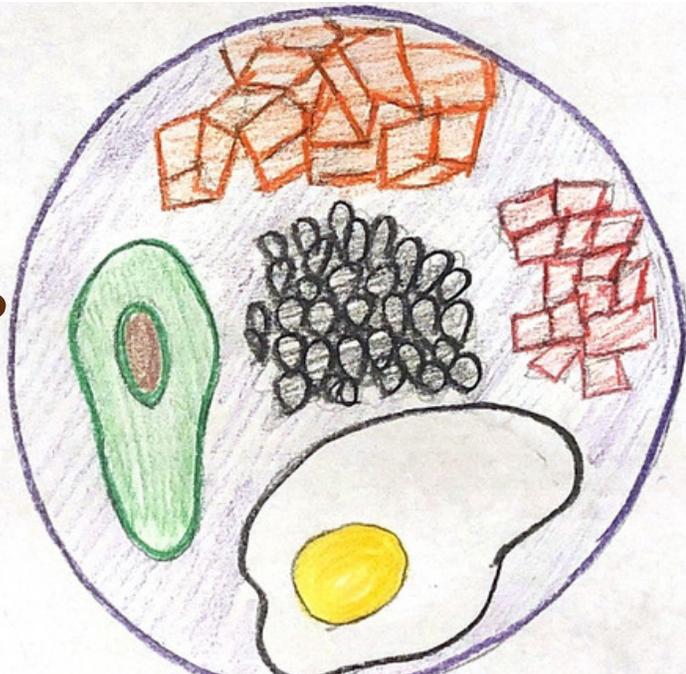
directions

- Preheat oven to 350 degrees. Drizzle a baking dish with olive oil and sprinkle in bell peppers, tomato, kale and beans.
- Whisk together eggs and milk. Mix in salsa and spices.
- Pour the egg mixture over the veggies in the dish. Bake in oven for about 25-35 minutes or until eggs are cooked through.
- Top with green onion, cilantro and avocado.

week focus

- Fruits and Veggies
- Proteins
- Healthy Fats

Mexican Breakfast Bowls



PREP TIME: 15 MINS COOK TIME: 20 MINS SERVINGS: 4

ingredients

- 1/2 cup yellow or white onion, diced
- 1 sweet potatoes (or yams), diced into 1/2 inch cubes - about 2 cups
- 2 tablespoons olive oil
- generous pinch salt, pepper, chili powder
- 1 can of black beans drained, seasoned with 1 teaspoon cumin, chili powder and a pinch of salt.
- 2 cups ground turkey, chicken, tofu, or vegan chorizo
- 1 package Taco Seasoning (~2 tablespoons)
- 4 Eggs (optional)
- Garnish: Avocado, cilantro, scallions, hot sauce, unsweetened greek yogurt, salsa, shredded low-fat cheese
- Other toppings: diced tomato, sautéed bell pepper or zucchini or other veggies

substitutions

- Can add cooked brown rice, quinoa, or whole wheat tortilla to bowls to include grains
- Can substitute ground meat/vegetarian option and taco seasoning for homemade taco meat/vegetarian option

directions

- Preheat the oven to 400 degrees F
- Toss onion and sweet potato with the olive oil. Sprinkle in salt, pepper and chili powder and roast on a baking sheet in oven until tender, about 20 minutes. (Alternatively, sauté in a skillet over medium heat, stirring occasionally for 10-15 minutes.)
- If making ground turkey, cook it with a little olive oil, browning it and breaking it apart into crumbles. Add the Taco Seasoning to the cooked meat.
- Heat the black beans, sprinkle with salt, chili pepper, and cumin.
- Prepare the eggs in any way preferred – scrambled, over easy, sunny side up, or poached.
- Once the sweet potatoes are cooked, divide among 4 bowls. Add the ground meat and black beans to each. Top with the eggs, garnish options, and other toppings.

week focus

- Proteins
- Grains
- Healthy Fats



Mexican Breakfast Cups

PREP TIME: 10 MINS COOK TIME: 30 MINS SERVINGS: 12

ingredients

- 1/2 cup drained and rinsed canned black beans
- 1 ripe avocado, chopped
- 1 cup frozen corn kernels
- 1/2 cup low-fat shredded cheddar cheese
- 10 large eggs
- 1/4 cup skim milk or nut milk
- Optional: 1 - 2 tbsp. hot sauce
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- Optional toppings: unsweetened greek yogurt (can sub low-fat sour cream), sliced avocado, salsa

substitutions

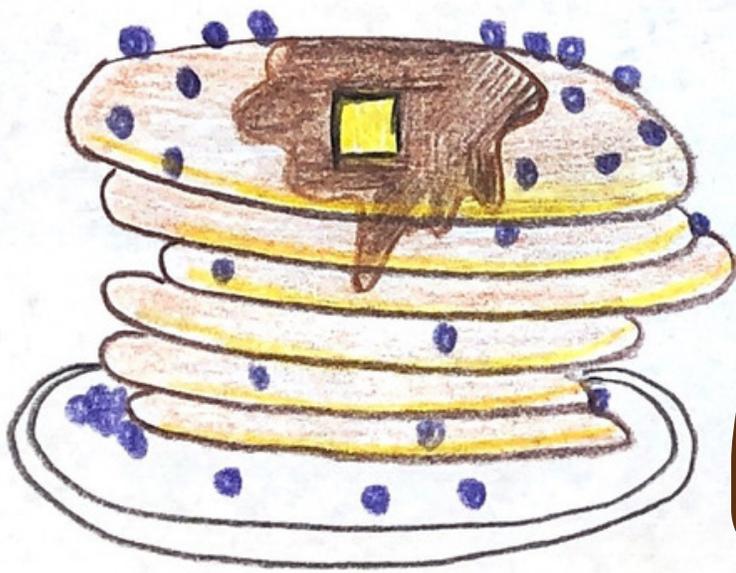
- Optional add-ins: chopped bell pepper, zucchini, kale, spinach

week focus

- Fruits and Veggies
- Proteins

directions

- Preheat oven to 375 degrees F. Spray a muffin tin with cooking spray or line with muffin liners.
- Add the black beans to a large bowl. Lightly pat the beans with a paper towel to absorb any excess moisture. Add the avocado, corn, and cheese to the bowl. Lightly stir to combine. Use a spoon to divide the bean mixture evenly in the muffin tin.
- In a large bowl, add the eggs, milk, hot sauce, salt, and pepper. Whisk until well combined.
- Optional: transfer the egg mixture to a large measuring cup for easy pouring.
- Pour the egg mixture over the bean mixture in the muffin tin, filling it until each cup is almost full.
- Bake for 20 minutes. Cool for at least 5 minutes before serving.
- Optional: Top with unsweetened greek yogurt, sliced avocado, and salsa.



Banana Oatmeal Pancakes

PREP TIME: 5 MINS COOK TIME: 15 MINS SERVINGS: 2

ingredients

- 2 bananas
- 2 eggs
- 1/2 cup rolled oats
- 1/2 teaspoon baking powder
- pinch of salt
- fresh fruit of your choice (topping)

substitutions

- No-blend option: If you enjoy a chunky consistency, there's no need to blend the ingredients together. Instead, you can just mix with a spatula or fork. Then let the mixture sit to thicken for 5-10 minutes.
- Other Mix-Ins or toppings: blueberries, strawberries, raspberries, cinnamon, yogurt, nut butter, coconut shavings, chia seeds, milk, vanilla, chopped nuts, cocoa powder

directions

- In a blender, combine the peeled banana, eggs, oats, baking powder and salt. (See Substitutions section for no-blend option).
- Blend until the mixture is as smooth as you want it and blended well. For thinner consistency, blend for longer.
- Heat a pan over medium heat (nonstick works best).
- Pat a small amount of butter or cooking oil in the pan.
- Place spoonfuls of the batter in the pan, and cook until golden brown on both sides.
- Serve with fresh fruit and/or any other mix-ins in under Substitutions tab.

week focus

- Proteins
- Fruits and Veggies
- Grains



Slow Cooker Oatmeal

PREP TIME: 15 MINS COOK TIME: 6 HRS SERVINGS: 6

ingredients

- 1 cup steel cut oats
- 3.5 cups water
- 1 cup peeled and chopped apple
- 1/2 cup raisins
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 pinch salt

substitutions

- Other Mix-Ins or toppings: blueberries, strawberries, raspberries, cinnamon, yogurt, nut butter, coconut shavings, chia seeds, milk, vanilla, chopped nuts, banana, cocoa powder, ground flaxseed
- For creamier texture, can substitute water for skim milk or nut milk
- Oatmeal can also be microwave cooked if you are in a hurry, or cooked on stovetop if you prefer that to slow cooker. Slow cooker is nice because you can leave it to cook on its own (efficient).

directions

- Place the steel cut oats, water, apple, raisins, cinnamon, and vanilla extract into a slow cooker.
- Stir to combine.
- Cover the cooker, set to low, and allow to cook 6 to 7 hours (for firm oats) or 8 hours (for softer texture).

week focus

- Grains
- Fruit and veggies

Healthy Breakfast Sandwich

PREP TIME: 10 MINS COOK TIME: 20 MINS SERVINGS: 6 SANDWICHES

ingredients

- 6 large eggs
- 4 large egg whites
- 1 tablespoon olive oil
- 1 small yellow onion diced
- 1 red bell pepper, diced
- 1 cup chopped broccoli
- 1 cup sliced mushrooms
- 2 cups spinach roughly chopped
- 2 cloves garlic minced
- 1/4 teaspoon black pepper
- salt to taste
- 6 whole wheat English muffins
- 6 slices low-fat cheddar cheese (optional)

substitutions

- Optional addition to heated sandwiches: sliced avocado, lettuce.
- Vegetarian: sub scrambled tofu for egg

Eat Immediately

- Toast english muffins to your liking.
- Place cheese on one side.
- Broil in the oven until cheese is melty.
- Top with cut out eggs and enjoy!

directions

- Preheat oven to 375 degrees F and grease a 9x13 in baking pan with cooking spray.
- Whisk together eggs and egg whites in a large bowl. Set aside.
- Heat olive oil in a large non stick pan over medium heat.
- Add in onions and saute for about 5 minutes.
- Add in broccoli, mushrooms, and spinach cook for another 4 minutes, or until veggies are tender.
- Add in garlic and saute for another 30 seconds.
- Season with salt and pepper.
- Mix with eggs and pour into prepared baking pan.
- Bake in preheated oven for 20-30 minutes, or until the eggs have fully cooked through.
- Use a glass (or some sort of circle cutter) to cut eggs into a circle the size of your english muffins.
- Have leftover scrapes? Use them for another breakfast sandwich, eat them plain for breakfast, or mix them into something else for a meal!

freezer friendly Option

- Toast the English muffins.
- Place the slice of cheese on the bottom half, top with the egg and the other English muffin half.
- Repeat with remaining English muffins/eggs/cheese.
- Wrap each sandwich individually in aluminum foil
- Place sandwiches in a freezer bag, and freeze for up to 1 month.
- Reheat: Remove sandwich from foil. Place on a microwave safe plate that's been lined with a paper towel. Heat until egg has been warmed through and cheese is melty, about 60-90 seconds.

Veggie Crustless Quiche



PREP TIME: 25 MINS COOK TIME: 60 MINS SERVINGS: 4

ingredients

- 1 and 1/2 cups sliced yellow squash (2 small or 1 very large)
- 1 and 1/2 cups sliced zucchini (2 small or 1 very large)
- 1 large orange bell pepper, chopped (or any color)
- 2 teaspoon minced garlic
- 1 Tablespoon ground thyme (or dill, or parsley)
- 2 cups raw spinach (optional)
- 3 large eggs
- 3 large egg whites
- 3/4 cup milk (skim or almond milk)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2/3 cup shredded reduced-fat mozzarella
- 2 Tablespoons reduced fat cheddar

substitutions

- Can make it ahead and freeze. To reheat, take out of freezer and bake at 350 degrees for ~20 minutes.
- Additional veggie mix-ins: sweet potato, broccoli, kale, red/white potato, basil, peas

week focus

- Grains
- Proteins
- Fruits and Veggies

directions

- Heat a large skillet over medium-high heat. Spray with nonstick spray and add sliced squash and zucchini, chopped bell pepper, minced garlic, and thyme. A little pinch of salt and pepper, too. (The rest of the salt and pepper called for in the recipe goes into the egg mixture, so just use a pinch here). Stir frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.
- Preheat oven to 350F degrees. Spray a 9-inch pie pan or square pan with nonstick spray. Set aside.
- In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared pan, sprinkle the raw spinach on top. Top with shredded cheese, then pour the egg mixture on top. Sprinkle with cheddar cheese.
- Bake for 45 minutes or until filling is set and no longer jiggles. Cool for 10 minutes on a wire rack before slicing and serving. This quiche makes great leftovers! Store tightly covered in the refrigerator for up to 4 days.
- Make it ahead: Baked quiche freezes well, up to 2 months. Thaw overnight and bake at 350F to warm up for 20 minutes, give or take.



Yogurt Parfaits

PREP TIME: 10 MINS COOK TIME: 10 MINS SERVINGS: 2

ingredients

- 2 cups unsweetened plain yogurt
- 2 cups fruit (chopped apples, berries, peaches, pears, applesauce, thawed frozen fruit, and/or other fruit)
- 1 cup chopped nuts and seeds, or no-sugar-added granola
- 1/2 cup unsweetened shredded coconut toasted (optional)

substitutions

- Other Mix-Ins or toppings: blueberries, strawberries, raspberries, cinnamon, yogurt, nut butter, coconut shavings, chia seeds, milk, vanilla, chopped nuts, banana, cocoa powder, ground flaxseed
- This breakfast parfait can also be a dessert idea!

directions

- Chop fruit, if necessary.
- Put yogurt, fruit, granola, nuts, seeds, and coconut out on the counter.
- Give each kid 1 parfait glass (recipe makes 2 parfaits) and show them how to layer the yogurt and fruit. This depends on how deep your parfait glasses are, but you can aim for 3 layers of yogurt, 2 layers of fruit, and a sprinkle of something crunchy on top.
- Once fruit and yogurt are layered, sprinkle with the granola, nuts, seeds, or coconut.
- Enjoy your custom-created snack or dessert, and switch it up to keep things interesting!

week focus

- Proteins
- Fruits and Veggies
- Healthy Fats

3-ingredient Breakfast Cookies



PREP TIME: 15 MINS COOK TIME: 12 MINS SERVINGS: 8

ingredients

- 1 cup rolled oats
- 2 bananas (must be very ripe, dark brown)
- Additional ingredient options: dried cherries, cocoa powder, berries, chopped apple, raisins, nut butter, cinnamon, chopped walnuts, vanilla, sliced almonds, shredded coconut, dark chocolate chips, pumpkin pie spice

directions

- Preheat oven to 350°F (180°C).
- In a large mixing bowl combine the oats and banana and mash banana and mix until well incorporated.
- Mix in whatever additional ingredients you desire.
- Bake for 12 minutes.
- Enjoy!

substitutions

- Gluten-free: use gluten-free oats
- Suggested Variation: Chocolate Cherry (1/2 cup dried cherries, and 2 tsp cocoa powder)
- Suggested Variation: Peanut Butter & Banana (2 tbsp peanut butter, 2 tsp cinnamon)
- Suggested Variation: Apple Pie (1/4 cup chopped apple, 2 tsp pumpkin pie spice, 1/4 cup chopped walnuts)

week focus

- Grains
- Fruits and Veggies



Breakfast Burrito Bites

PREP TIME: 15 MINS COOK TIME: 15 MINS SERVINGS: 2

ingredients

- 3 tablespoon chopped bell pepper
- 1 tsp. olive oil, or non-stick cooking spray
- 3 eggs (whipped slightly in a bowl)
- 1 tablespoon water
- 2 (8 inch) Whole wheat tortillas

directions

- Cook peppers with oil or cooking spray. Remove peppers from pan.
- Whisk eggs and water together.
- Cook egg/water mixture over hot skillet, without scrambling them.
- Cook egg mixture through, and flip, so you have a large egg "pancake".
- Cut in half. Place one half on each tortilla. Add peppers to the center of your tortilla and roll up.
- Cut cross-ways like sushi.

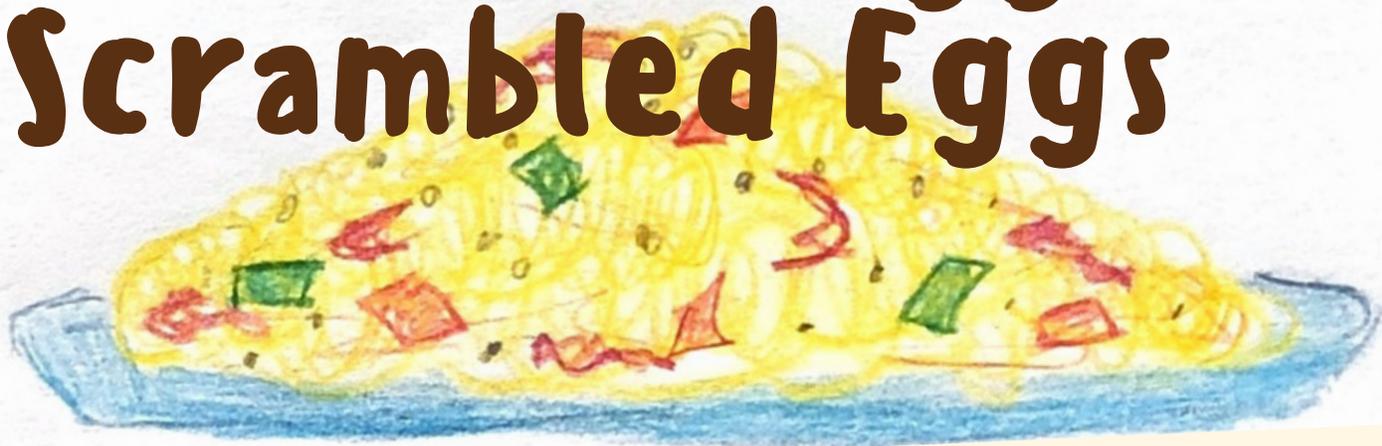
substitutions

- Optional Add-Ins: chopped spinach, chopped kale, sliced mushrooms, sliced zucchini
- Gluten-free: use gluten-free tortilla
- Vegetarian: sub scrambled tofu for egg

week focus

- Fruits and Veggies
- Grains
- Proteins

Extreme Veggie Scrambled Eggs



PREP TIME: 10 MINS COOK TIME: 15 MINS SERVINGS: 6

ingredients

- 1/4 cup Olive Oil
- 1/2 cup sliced mushrooms
- 1/4 cup chopped onions
- 1/2 cup chopped green bell pepper
- 2 cups chopped raw spinach
- 6 eggs
- 1/4 cup skim milk (almond or dairy)
- 1/2 cup chopped fresh tomato
- 1/4 cup shredded low-fat cheddar cheese

directions

- Heat olive oil in a skillet or frying pan over medium-high heat. Add mushrooms, spinach, onions and peppers; saute until onions are transparent.
- In a mixing bowl, beat together eggs and milk. Add egg mixture to vegetables; stir in tomatoes. Cook until eggs are set. When eggs are almost done, mix in cheese. Serve immediately.

substitutions

- Vegetarian option: sub tofu for eggs, use nut milk and cheese instead of dairy
- Other veggie/mix-ins: thawed frozen veggies, any leftovers, spinach, broccoli, red bell pepper, zucchini, kale, corn, black beans
- Optional garnish: sliced avocado, fresh herbs, salsa, pesto, pico de gallo
- Can serve with whole wheat toast or tortillas

week focus

- Proteins
- Fruits and Veggies

Peanut Butter and Banana Waffle Sandwich



PREP TIME: 5 MINS COOK TIME: 5 MINS SERVINGS: 2

ingredients

- 4 whole grain waffles
- 3-4 tablespoons of natural peanut butter (creamy or crunchy!)
- 1 sliced banana
- Optional: fresh or frozen berries of choice, unsweetened yogurt, cinnamon

directions

- Toast waffles
- Spread peanut butter on each side
- Place banana slices in top of the peanut butter
- Sandwich together and slice in half (if desired)
- Sprinkle with berries or sandwich berries/yogurt in between before pressing both sides together.

substitutions

- Can sub any nut butter for peanut butter
- Gluten-Free: use gluten-free waffles instead

week focus

- Grains
- Healthy Fats
- Fruits and Veggies



Homemade Instant Oatmeal

PREP TIME: 20 MINS COOK TIME: 2 MINS SERVINGS: 20

ingredients

- Oatmeal Base:
- 10 cups Rolled Oats
- ½ cup Chia Seeds (optional)
- ⅓ cup Ground Flax Seeds (optional)
- Add-Ins (pick and choose your faves):
- 1 cup Dried Fruit (cherries, blueberries, raisins, chopped apricots, prunes, chopped dates, mango, freeze-dried apples / bananas / strawberries)
- 1 cup chopped/slivered nuts (pecans, walnuts, slivered almonds, chopped hazelnuts)
- 1 Tbsp flavoring (powdered peanut butter, cinnamon, ground ginger, cocoa powder, pumpkin pie spice, vanilla extract)
- ½ cup optional extras (shredded or toasted coconut, cacao nibs)



Recipe continued
onto the next page

directions

- Put oats in the bowl of a food processor and pulse about 10 times, until most of the oats are chopped to roughly half their original size. (Adjust this to your preference - if you prefer a more creamy oatmeal, pulse more. For chunky, no need to put in food processor)
- In a large mixing bowl (do this in batches if it won't easily fit), combine the oats, chia seeds, and ground flax. Toss with your hands until everything is evenly mixed.
- If preparing individual servings, place a heaping half cup of oatmeal base into mason jars or plastic bags. Top each serving with add-ins of choice.
- If preparing one large batch, combine oatmeal base with any combination of add-ins in the amounts listed and toss. When ready to serve, place a heaping ½ cup of oatmeal in a bowl.
- Store in the pantry for quick-breakfast mornings. You can make big batches in advance.
- To serve, add ½ cup boiling hot water or milk to the oatmeal, cover for 2 minutes, and stir until smooth.
- Enjoy!



Homemade Instant Oatmeal

PREP TIME: 20 MINS COOK TIME: 2 MINS SERVINGS: 20

substitutions

- Can store in tupperwares, mason jars, or plastic bags
- For no food processing, use 5 cups quick cook oats and 5 cups rolled oat or 10 cups quick oats.
- Optional stir-ins: nut butter, fresh fruit or berries, yogurt, egg whites.
- Gluten-free: use gluten free oats instead

week focus

- Grains
- Fruits and Veggies
- Healthy Fats

Easy Overnight Oats



PREP TIME: 10 MINS COOK TIME: 0 MINS SERVINGS: 2

ingredients

- 1 cup liquid (nondairy milk, dairy milk, plain unsweetened yogurt, or water)
- 2 teaspoon flax seed
- 2 teaspoon chia seeds
- 1 cup oats (regular, quick-cooking or gluten-free if needed)
- 2 Tbsp flavoring (powdered peanut butter, cinnamon, ground ginger, cocoa powder, pumpkin pie spice, vanilla extract, coconut flakes)
- 1/2 cup chopped nuts (pecans, walnuts, slivered almonds, cashews, pumpkin seeds)
- 1 cup fresh or frozen fruit (chopped apple, sliced/mashed banana, pear, dates, berries, raisins)

substitutions

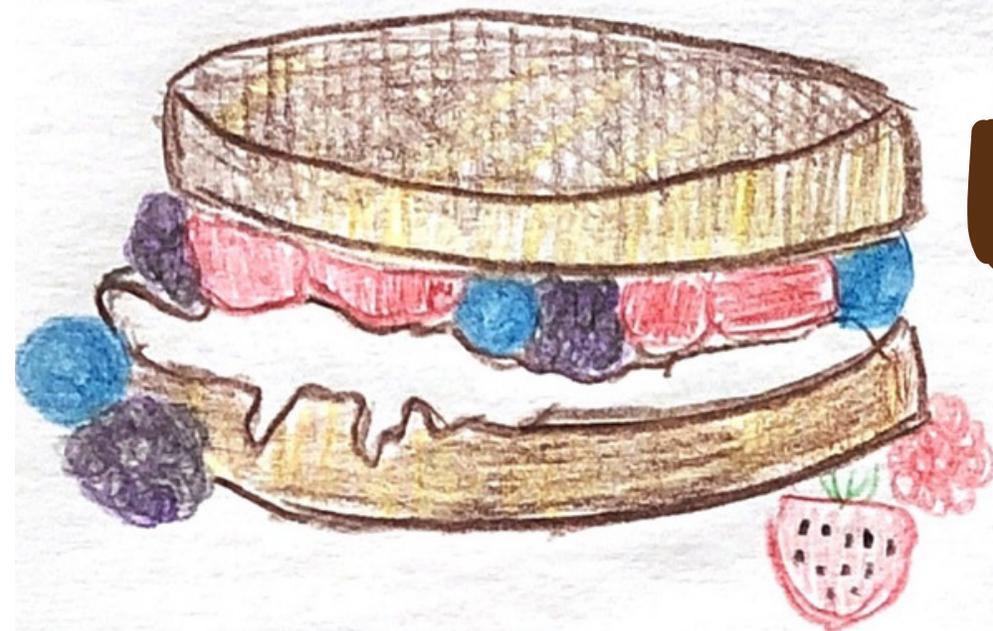
- Suggested variation: Peanut butter banana pie (1/2 very ripe banana, 1 tablespoon peanut butter, 1/2 teaspoon vanilla extract)
- Suggested variation: Cinnamon Raisin (1/2 teaspoon vanilla extract, 1/2 teaspoon cinnamon, 2 tablespoons raisins, chopped nuts (optional))

directions

- Place liquid in mason jar.
- Add in flax seed and chia seeds.
- Add in desired overnight oatmeal flavors, nuts, and fruits.
- Finally, add in oats.
- Place lid on mason jar, and shake well.
- Refrigerate overnight, or longer.
- In morning, add more toppings if desired and serve.
- For warm oatmeal: remove the metal lid of the jar, and heat in microwave for 1-2 minutes.

week focus

- Grains
- Fruits and Veggies
- Healthy Fats



French Toast

PREP TIME: 5 MINS COOK TIME: 5 MINS SERVINGS: 2

ingredients

- 4 slices whole grain bread sliced
- 2 large egg
- 4 Tablespoon milk (dairy or nondairy)
- 1 cup fresh berries
- 1 teaspoon vanilla extract
- 4 teaspoons cinnamon
- 1 teaspoon nutmeg (optional)
- 2 teaspoon pumpkin pie spice (optional)
- 2 tsp butter
- Garnish: plain unsweetened yogurt, nut butter, fresh fruit, thawed frozen fruit, chia seeds

substitutions

- Gluten-free: sub gluten-free bread
- Vegetarian: sub flax-egg or vegetarian egg for eggs

directions

- Whisk together egg, vanilla, and milk. Set aside.
- Heat nonstick pan on medium heat until hot, add butter to pan.
- When pan is hot and butter is melted, dip bread in egg/almond milk mixture and set in pan.
- Cook for about three minutes, till golden brown and then turn and cook other side till golden.
- French toast burns easily, so check it for doneness every minute.
- Spoon/spread garnishes on top of first slice of french toast
- Then place second slice of french toast on top of that and drizzle with nut butter or yogurt

week focus

- Grains
- Proteins
- Fruits and Veggies
- Healthy Fats

Extra Breakfast Side: Roasted Breakfast Potatoes



PREP TIME: 15 MINS COOK TIME: 45 MINS SERVINGS: 4

ingredients

- 2 pounds potatoes, scrubbed clean and sliced into cubes, wedges, disks, or fries (about 4 medium potatoes)
- 1 red bell pepper, chopped
- 1/2 medium white onion, chopped
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- Optional garnish: salsa, sliced avocado, cilantro, parsley, black beans, plain unsweetened yogurt, pico de gallo, low-fat shredded cheese, over-easy egg

substitutions

- Suggested variation: Sweet potatoes (2 teaspoons cinnamon, 2 tbsp coconut oil, 1/4 tsp salt)
- Suggested variation: can also roast carrots, beets, parsnips, cauliflower
- Can substitute red, yukon, russet, or purple potatoes
- Other flavoring: paprika, chili powder, dried herbs, turmeric, onion powder

directions

- Preheat the oven to 425 degrees Fahrenheit.
- On a large, rimmed baking sheet, combine the cut potatoes, bell pepper and onion. Drizzle the olive oil over the vegetables, then sprinkle the garlic powder, salt, and ground black pepper.
- Toss until vegetables are evenly coated in olive oil.
- Arrange them in an even layer on the sheet.
- Bake until the vegetables are tender and deeply golden on the edges (about 45 to 50 minutes), tossing every 15 minutes for even browning.
- The potatoes stick to the pan easily, so use a metal spatula with a sharp edge to get underneath them without breaking off their crispy parts for tossing.
- Serve immediately.

week focus

- Fruits and Veggies
- Healthy Fats



Veggie Quesadillas

PREP TIME: 10 MINS COOK TIME: 20 MINS SERVINGS: 8

ingredients

- 8 whole wheat large (8") tortillas
- 1 can low-sodium black beans, rinsed & drained
- 1 cup corn (frozen and thawed)
- 1 large bell pepper, diced
- 1/3 cup cilantro, finely chopped
- 1/3 cup red onion, minced
- 2 tsp cumin
- Pinch of salt
- 2 2/3 cups low-fat shredded cheese (cheddar, mozzarella)
- Optional garnish: salsa, avocado, plain yogurt

substitutions

- Alternative variation: can cook quesadillas on stovetop in large nonstick pan, or in panini press.

week focus

- Proteins
- Fruits and Veggies
- Grains
- Healthy fats

directions

- In a large mixing bowl, add black beans, corn, pepper, cilantro, red onion, cumin and salt; stir well to combine.
- Preheat oven to 350 degrees F and line 2 large baking sheets with foil or parchment paper.
- Build each quesadilla: on a half of tortilla sprinkle ~3 Tb. cheese, spread 1/2 cup veggie mixture and sprinkle with remaining 3 tbsp of cheese. (Total of 1/3 cup cheese per quesadilla)
- Fold the other half of tortilla on top pressing on it somewhat gently-hard making a half moon shape.
- Repeat and make 8 quesadillas. If you have any leftover veggie mixture – eat it.
- Bake for 20 minutes. Remove from the oven, let rest for 3-5 minutes and cut each quesadilla in half. Serve with garnishes.
- Store in fridge up to 2 days.
- Freezer option: for each quesadilla, assemble it and wrap it with plastic wrap as tightly as possible. Lay flat in gallon ziplock bag, squeeze as much air out as possible. Freeze for up to 3 months. Bake from freezer at 350 degrees F for 25-30 min.

Lunch Meat Wraps



PREP TIME: 10 MINS COOK TIME: 0 MINS SERVINGS: 1

ingredients

- 1 whole wheat tortilla
- 1 slice ham
- 1 slice turkey
- 1 slice low-fat cheddar
- 1 slice low-fat swiss
- 2 tablespoons shredded baby lettuce greens
- 1 bell pepper, thinly sliced
- 1/2 slice red onion, thinly sliced (optional)
- 1/4 avocado, sliced
- Optional: 1 teaspoon low-fat dressing (dijon mustard, hummus, ranch, balsamic, Italian, etc.)

substitutions

- Additional mix-in options: spring mix greens, sliced tomato, pepperocini, dill pickle, sliced olives, cucumber, shredded carrot, spinach, shredded cabbage
- Vegetarian: can sub lunch meat for mashed black beans or chickpeas, as well as tofu
- Can substitute ham & turkey for rotisserie chicken leftovers

directions

- Lay down lunch meat on bottom.
- Add the two slices of cheese on top of the meat.
- Add the thin slices of pepper and onion and top with baby greens.
- Add sliced avocado on of the meat, cheese, and veggies.
- Spoon 1 teaspoon of your dressing of choice and then carefully roll up into a wrap.
- For bite-sized pieces, you can cut up the roll with a knife.
- If there are any leftover ingredients, you can place them on the side in separate compartments for snacking.
- Refrigerate until ready to eat.

week focus

- Proteins
- Fruits and Veggies
- Grains
- Healthy Fats



Vegetarian Quinoa Salad

PREP TIME: 20 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 2 cups water
- 1 cup dry quinoa
- 2 cups shelled edamame (can buy frozen)
- 2 cups corn (can buy frozen)
- 1 tomato, diced
- 4 tablespoons chopped fresh herb leaves (mint, parsley, or cilantro)
- 1/2 cup crumbled low-fat feta cheese
- 6 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tsp garlic powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

substitutions

- Alternative variation: Mexican (black beans, 2 tsp cumin, corn, avocado, salsa, cilantro, pico de gallo, taco seasoning)
- Alternative variation: Asian (chopped cabbage, edamame, red bell pepper, shredded carrots, diced cucumber with low-sugar ginger soy dressing)
- For extra protein: can add hard-boiled egg
- Can sub frozen / packaged cooked quinoa for uncooked

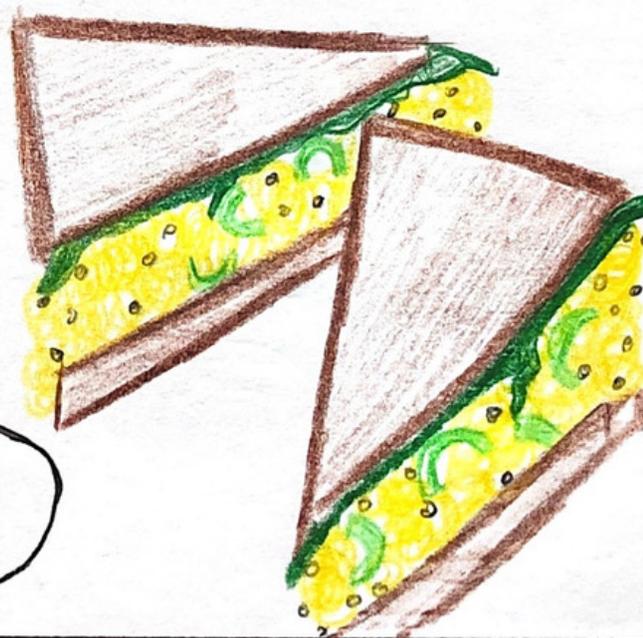
directions

- Quinoa: Bring a large pot of 2 cups water to a boil, add in a pinch of salt. Once boiling, add 1 cup quinoa, reduce heat to medium-low, and cook for 15-20 minutes. Once fully cooked, set aside and fluff with fork.
- In a large bowl, mix the cooked quinoa, edamame, corn, diced tomatoes, chopped herbs, and crumbled feta.
- In a small bowl, make the salad dressing. Whisk the olive oil, lemon juice, garlic powder, salt, and pepper.
- Pour the dressing on top of the salad and gently toss. Add more salt, pepper, lemon, olive oil, or herbs to taste. Eat right away, or refrigerate for up to 2 days.
- Place in a mason jar or tupperware for packed lunches

week focus

- Grains
- Healthy Fats
- Fruits and Veggies

Egg Salad Sandwich



PREP TIME: 15 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 4 large eggs
- 5 stalks of celery
- 2 medium green (or black) olives
- 1/2 cup plain Greek yogurt
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 8 slice bread, whole wheat
- 4 leafs of romaine lettuce

substitutions

- Suggested optional mix-ins: halved grapes, chopped apple, dijon mustard, chopped dill, pesto, cucumber, red onion, sun-dried tomato, chopped tomato, chopped pickle, hummus, curry seasoning, garlic powder, cubed/sliced avocado, sprouts, pine nuts, chickpeas.
- Suggested variation: serve with whole wheat crackers to dip or whole wheat bagel thin to spread instead of bread.

directions

- Hard boil eggs (about 12 minutes on low boil). Cool, peel, and then chop. (If you rinse/place the eggs in cold water after cooking, the shells come off more easily)
- Dice 1 stalk of celery and the olives; cut remaining celery into sticks.
- Gently mix together eggs, celery, olives, and Greek yogurt. Add salt and pepper to taste.
- Spread the mixture between the whole wheat bread, forming 4 sandwiches. Add a lettuce leaf.

week focus

- Proteins
- Grains
- Fruits and Veggies
- Healthy Fats

Crazy-Good Chicken Salad



PREP TIME: 15 MINS COOK TIME: 0 MINS SERVINGS: 6

ingredients

- 3 cup rotisserie chicken
- 1 cup grapes
- 4 stalks of celery
- 1/2 cup yogurt, plain, Greek
- 1 tablespoon parsley, dried
- 1/2 teaspoon dill, dried
- 1 medium lemon
- 1 tablespoon mustard, dijon
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper, ground
- 2 tbsp green onions (optional)
- 1/2 cup almonds, sliced (optional)
- 1/4 cup mayonnaise, light (optional, can sub for more yogurt, mustard, or light cream cheese)

substitutions

- Suggested optional mix-ins: chopped apple, cucumber, red onion, raisins, dried cherries, chopped tomato, chopped pickle, garlic powder, sliced olives, cubed/sliced avocado, sprouts, pine nuts, chickpeas.
- Vegetarian substitution: tofu, beans, chopped nuts, chickpeas, or tempeh instead of chicken

directions

- Shred chicken and place into a mixing bowl. Slice grapes into quarters; dice celery and green onions. Add to chicken.
- In a small mixing bowl, mix yogurt, mayonnaise, parsley, dill, juice of the lemon, mustard, salt and pepper. Add to the chicken along with the almonds. Toss to evenly coat.
- Serve with whole wheat toast, crackers, or tortilla
- Optional: Spread chicken salad onto whole wheat tortilla, top with lettuce, roll tightly and slice in half. Or use whole-wheat crackers to dip into the salad.

week focus

- Proteins
- Grains
- Fruits and Veggies

DIY Pasta Salad



PREP TIME: 20 MINS COOK TIME: 10 MINS SERVINGS: 4

ingredients

- Dry whole-wheat pasta (2 cups elbow macaroni, 2 1/2 cups shells, 3 cups bowties or fusilli)
- 4 cups fresh vegetables/fruits: arugula, artichoke hearts, baby spinach, cherry tomatoes, broccoli, mushrooms, onion (red or white), peas, bell peppers, tomatoes, zucchini, celery, apple, olives, kale, or carrot
- 1-2 cups of lean protein: hard-boiled eggs, cooked chicken breast, shredded rotisserie chicken, beans (low-sodium), chunk light tuna, tofu, tempeh, low-fat feta, or low-fat parmesan
- 1/2 - 1 cup flavor ingredients: capers, olives, pepperocini, sun-dried tomatoes, artichokes hearts, pesto, dried cherries, raisins, dried (or fresh): garlic, oregano, parsley, onion, green onion, fresh dill,
- Dressing: 2 tablespoons extra-virgin olive oil, 1/2 cup low-fat plain yogurt, 1/4 cup reduced-fat mayonnaise (or replace with more yogurt), 1 tablespoon lemon juice or red-wine vinegar

substitutions

- Suggested variation: Antipasti (diced bell pepper, thinly chopped celery, quartered artichoke hearts, canned white beans, low-fat shredded provolone or parmesan cheese, pepperocinis, fresh dill)
- Suggested variation: Veggie and Tuna (baby arugula, diced cucumber, chunk light tuna (drained), low-fat shredded cheese, chopped sun-dried tomatoes, basil)
- Suggested variation: Broccoli & Feta (halved cherry tomatoes, chopped broccoli, canned chickpeas or hard-boiled egg, crumbled low-fat feta, dried oregano)

directions

- Cook whole-wheat pasta in boiling water with 1 tablespoon of salt (8-12 minutes depending on desired doneness)
- Drain (but don't rinse), and spread on a large baking sheet to cool
- Once cooled, put the cooked pasta into a large mixing bowl
- Chop/Dice fresh vegetables and add into bowl
- Add in the lean protein of choice
- Fold in flavoring ingredients
- Mix together dressing, and fold in to pasta salad.
- Salt and pepper to taste

week focus

- Proteins
- Grains
- Fruits and Veggies

Classic Taco Salad



PREP TIME: 15 MINS COOK TIME: 15-20 MINS SERVINGS: 4

ingredients

- 6 cups chopped romaine lettuce
- 1/2 cup black beans, rinsed
- 1/2 cup corn (fresh or thawed-frozen)
- 1 cup cherry or grape tomatoes, quartered or halved
- 1/2 cup low-fat cheddar cheese
- 2 cups ground chicken, turkey, tofu, tempeh, soyrizo, or any leftover taco meat
- 1 package taco seasoning
- 1/4 cup salsa (hot, medium, mild, or pico de gallo)
- 1/4 cup low-fat ranch dressing
- Optional toppings: plain greek yogurt, guacamole, sliced avocado, chopped fresh cilantro, crushed whole-grain tortilla chips

substitutions

- Can substitute ground meat/vegetarian option and taco seasoning for homemade taco meat/vegetarian option
- Can substitute romaine lettuce for spinach, kale, spring mix, butter lettuce.
- Add grains: cooked brown rice, quinoa, whole grain tortilla or another whole grain

directions

- Cook ground meat on stovetop until brown and fully cooked. Add in taco seasoning to the meat, mix.
- Arrange lettuce in the bottom of a large bowl. Layer black beans, corn, cherry tomatoes, and cheddar cheese on top.
- Immediately before serving, toss salad with equal parts ranch and salsa until everything is lightly and evenly coated. Add more or less dressing to taste.
- If packing the salad for lunch, put the dressing in a separate jar or Tupperware.
- Top with your choice of the optional toppings.
- If serving immediately also add tortilla chips. If not, save the chips to add right before serving.
- Enjoy!

week focus

- Proteins
- Fruits and Veggies

PB & Banana Roll-Ups



PREP TIME: 10 MINS COOK TIME: 0 MINS SERVINGS: 1

ingredients

- 2 tablespoons natural peanut butter
- 1 8-inch whole-wheat flour tortilla, at room temperature
- 1 medium banana, peeled
- Cinnamon sprinkle (optional)

directions

- Spread the peanut butter evenly over tortilla.
- Place banana on the bottom third of the tortilla; being careful not to tear the tortilla, roll tightly.
- Slice crosswise into 8 pieces, so that each piece looks like a sushi roll.

substitutions

- Peanut allergies: sub peanut butter for sunflower seed butter
- Sandwich option: use 2 slices of whole-wheat bread instead of tortilla
- Gluten-free: sub for GF tortilla or bread

week focus

- Healthy fats
- Grains
- Fruits and Veggies

Lunchbox Burrito Bowls



PREP TIME: 5 MINS COOK TIME: 35-40 MINS SERVINGS: 6

ingredients

- 2 cups brown rice, uncooked
- 1-2 cups rotisserie chicken
- 1/2 cup black beans
- 8 oz. salsa (1/2 jar)
- 1 cup frozen-thawed corn
- 4-6 cups of shredded or chopped lettuce
- 1 ½ cups shredded low-fat cheddar cheese (optional)
- Optional toppings: guacamole, sliced avocado, diced red onion, sliced jalapeño plain greek yogurt, pico de gallo, hot sauce, chopped cilantro

directions

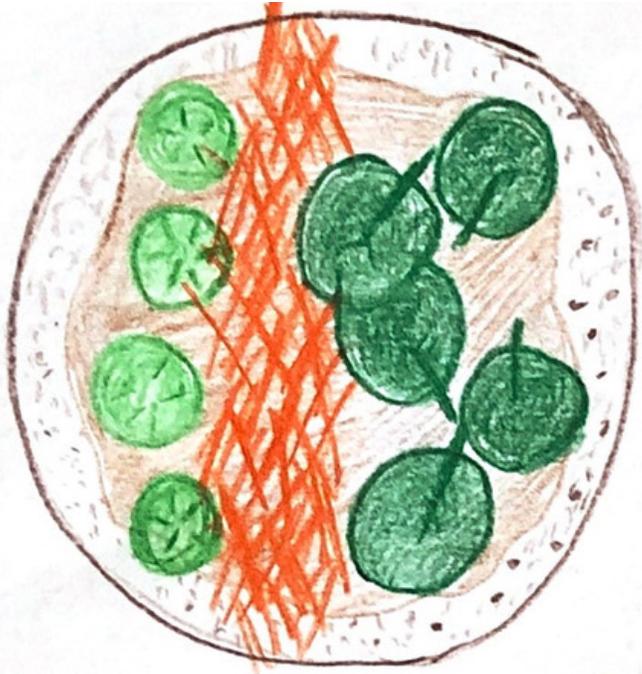
- Cook rice according to package directions on the stovetop or in a rice cooker.
- Heat your rotisserie chicken and shred the meat, using two forks and on a cutting board.
- Fill serving bowls with cooked rice, top with shredded chicken, salsa, black beans, corn, cheese, lettuce, and desired optional toppings.

substitutions

- Can substitute quinoa for brown rice
- Can use cooked frozen brown rice instead of uncooked
- Vegetarian option: soyrito, fajita vegetables, tempeh

week focus

- Grains
- Proteins
- Fruits and Veggies



Veggie Lunch Wraps

PREP TIME: 10 MINS COOK TIME: 0 MINS SERVINGS: 4

ingredients

- 4 medium tortilla, whole wheat
- 4 tablespoons hummus
- 2 medium carrot, grated
- 2 medium cucumber, thinly sliced
- 1 cup romaine lettuce, shredded
- Optional extra protein: shredded chicken, thinly sliced hard boiled egg

substitutions

- Other veggie options: spinach, sprouts, spring mix, shredded cabbage, diced tomato.
- Alternative serving method: pack tortilla, chopped veggies, and hummus separately. Then dip veggies and tortilla into hummus.

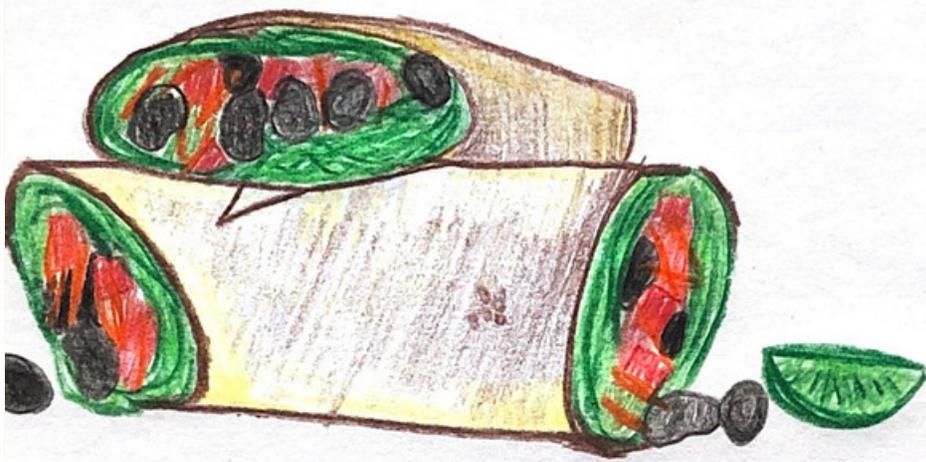
directions

- Spread 1 tablespoon hummus on each tortilla.
- Sprinkle grated carrot on each tortilla.
- Arrange cucumber slices on tortilla.
- Finally, add shredded lettuce to each tortilla. Wrap up tightly.
- Make ahead: Cover each wrap with plastic wrap and keep in the fridge to chill and hold it's shape.

week focus

- Grains
- Fruits and Vegetables
- Proteins

Black Bean Wraps



PREP TIME: 5 MINS COOK TIME: 1 MIN SERVINGS: 4

ingredients

- 2 cups low-sodium black beans (canned or fresh)
- 1/8 teaspoon salt (optional)
- 4 medium tortillas, whole wheat
- 2 medium tomatoes, chopped
- 1 medium avocado, sliced
- 1 cup romaine lettuce, shredded
- Optional add-ins/sides: low-fat shredded cheese, plain greek yogurt, salsa, chopped or dried cilantro

directions

- Rinse and drain the black beans. Pour into a bowl and microwave 1 minute or until warmed.
- Mash black beans with the back of a fork and sprinkle with salt to taste (optional).
- Spread black bean mix onto tortillas.
- Add tomatoes, avocado, and lettuce to each tortilla and wrap up (warm tortillas first if desired).

substitutions

- Gluten-free: sub whole wheat tortilla for brown rice or gluten free tortilla

week focus

- Proteins
- Grains
- Fruits and Veggies
- Healthy Fats

Pita Lunchables



PREP TIME: 15 MINS COOK TIME: 0 MINS SERVINGS: 4

ingredients

- 4 large pita, whole wheat
- 4 slice turkey breast, deli style
- 1 medium cucumber
- 4 oz (about 2" by 2" square) low-fat cheddar cheese, sliced thinly
- 2 cup cherry tomatoes
- 1 cup baby carrots
- 2 tablespoon hummus (optional)

directions

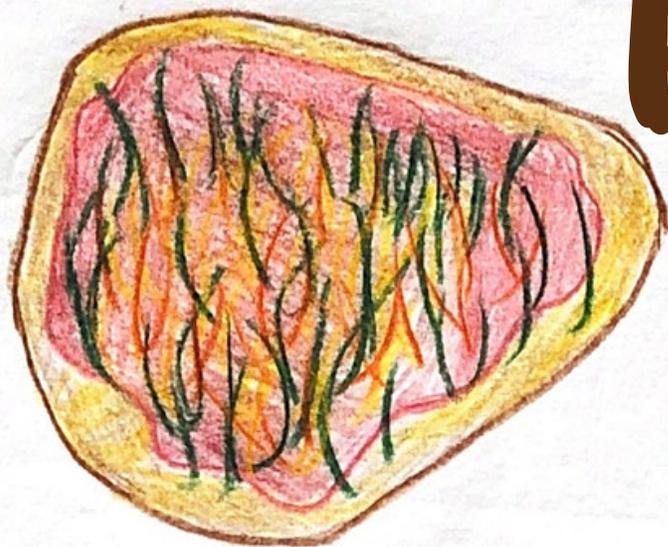
- Make your own lunchable by cutting out pita circles with a small biscuit or cookie cutter. (You could also just cut the pita into wedges.)
- Cut turkey into smaller pieces; slice cucumber and cheese.
- Pack all ingredients into separate compartments of a to-go container for your own, homemade "lunchable."
- Can dip carrots, pita, and tomatoes into hummus, or spread hummus onto pita-turkey lunchable

substitutions

- Vegetarian: can substitute turkey breast for hard-boiled egg, tofu, tempeh, tempeh bacon
- Optional vegetable and fruit sides: apple slices, celery sticks, snap peas, orange slices, grapes, watermelon, melon, berries

week focus

- Grains
- Proteins
- Fruits and Veggies



Flatbread Lunch Pizzas

PREP TIME: 15 MINS COOK TIME: 40 MINS SERVINGS: 4

ingredients

- 4 large whole wheat naan
- 1 cup no-sugar-added marinara sauce
- 3/4 cup low-fat mozzarella cheese, shredded
- 1 cup chopped spinach, shredded
- Optional suggested toppings: sliced olives, diced pineapple, basil, soft or hard-boiled egg, rotisserie chicken, pesto

substitutions

- Gluten-Free Option: can substitute naan for GF pizza dough or GF naan
- Vegetarian: can substitute mozzarella cheese for nut cheese (e.g. almond cheese)
- Optional sides: sliced bell pepper, sliced oranges, celery sticks, sliced apples

directions

- Cut bread into quarters (any shape you feel the kids will love), and slice pepper. Peel oranges and split into wedges.
- Divide all ingredients into 4 equal portions, place into separate containers, and pack into lunchboxes.
- If serving at home, simply set out all ingredients separately and allow children to assemble pizzas as desired. You can also melt the cheese in the oven.

week focus

- Grains
- Proteins
- Fruits and Veggies

Chicken Taquitos



PREP TIME: 15 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 1-2 cups rotisserie chicken, shredded
- 1/2 cup salsa
- 1/3 cup Greek yogurt, plain
- 1/2 teaspoon taco seasoning
- 1/2 cup low-fat shredded cheddar cheese
- 8 medium corn or whole wheat tortillas
- Optional dip or mix-ins: guacamole or mashed avocado, extra salsa, smashed black beans

substitutions

- Can prepare taquitos ahead, bake, and then freeze for up to 2 months. To reheat: place in oven at 375 degrees for 10-15 minutes.
- Vegetarian: can sub chicken for soyrito or jackfruit carnitas

directions

- Preheat the oven to 375 degrees F.
- In a medium bowl, combine the chicken, salsa, Greek yogurt, taco seasoning, and shredded cheese. Mix to combine.
- Prepare a non-stick or foil-covered baking sheet. Set aside.
- Dampen 2 paper towels, and place tortillas between them. Microwave for about 1 minute, until tortillas are warm and flexible.
- Place one tortilla flat on a clean dry surface (keep the rest between the paper towels).
- Spoon about 2 heaping tablespoons of the chicken filling onto the tortilla. Spread it evenly across the entire surface, and roll the tortilla up tightly.
- Secure with toothpicks, if needed, and place seam-side down on the baking sheet. Repeat with remaining tortillas and filling.
- Bake in the oven until crispy, 15-17 minutes.
- Allow to cool for 5 minutes.

week focus

- Grains
- Proteins

Teriyaki Chicken Lunch Bowls



PREP TIME: 20 MINS (0.5-24 HR MARINADE) COOK TIME: 10 MINS SERVINGS: 4

ingredients

- 2 tablespoons olive oil
- 1.5 pounds boneless, skinless chicken breasts or thighs
- 1/3 cup low-sodium soy sauce, or coconut aminos
- 1/4 cup water
- 1 tsp minced or dried garlic
- 1/4 teaspoon dried ginger
- 4 cups cooked whole grain: brown rice, cauliflower rice, or quinoa
- 4-6 cups chopped lettuce
- Optional garnish: 2 tablespoon chopped green onion, sliced avocado, chopped cilantro

substitutions

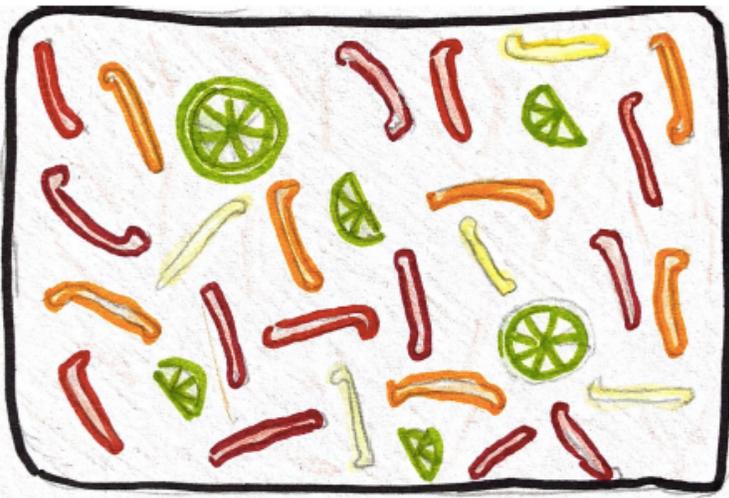
- Vegetarian: can sub chicken for firm tofu or tempeh
- Can sub dried garlic & ginger for 1 clove freshly minced garlic and 1 teaspoon freshly grated ginger

week focus

- Proteins
- Grains
- Fruits and Veggies

directions

- Pound chicken breasts or thighs to ~1/4 inch thin by starting in the middle and working out to the edges.
- In a medium bowl, whisk to combine soy sauce, water, garlic, and ginger.
- Place chicken inside a glass container or large gallon zip-bag and transfer sauce into container. Mix chicken and sauce over a few times to combine.
- Marinate chicken for 30 minutes to 2 hours (even overnight for a strong flavor).
- In a large non-stick skillet over medium heat, add the olive oil to the pan and spread evenly.
- Cook chicken, about 3 minutes in each side, and remove from pan.
- Repeat process with remaining chicken if the pan is too small.
- Once the chicken is cooked, pour soy marinade remaining in glass container or zip-bag into the pan.
- Bring sauce to a boil, reduce heat, and simmer for a couple of minutes.
- Bring chicken back into the pan, toss to combine into sauce, and turn off heat.
- Serve over 1 cup of whole grain, and 1 cup chopped lettuce. Garnish.



Easy Oven Fajitas

PREP TIME: 15 MINS COOK TIME: 40 MINS SERVINGS: 4

ingredients

- 2 small or 1 large onion
- 3 bell peppers
- 1 lb. chicken breast
- 2 Tbsp. olive oil
- 1 medium lime
- 8 whole wheat tortillas (6-inch)
- 1/2 cup plain Greek yogurt (optional)
- 1/2 cup fresh cilantro (optional)
- fajita seasoning

Fajita Seasoning:

- 1 Tbsp chili powder
- 1/2 Tbsp paprika
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1 tsp sugar
- 1/2 tsp salt

substitutions

- Add zucchini for some more veggies!
- Can use store-bought fajita seasoning instead

directions

- Preheat the oven to 400 degrees. Prepare the fajita seasoning by mixing the spices in a bowl.
- Slice the onion and bell peppers into thin slices. Put them in a 13x15-inch dish or a baking sheet. Cut the chicken into thin strips and add it to the dish with the vegetables.
- Drizzle the olive oil over the chicken and vegetables and sprinkle the fajita seasoning over the top. Mix the ingredients until everything is well coated.
- Bake in the oven for 35-40 minutes, mix once halfway through. Squeeze the juice from half the lime over the top of the dish once they come out of the oven.
- While the fajitas bake, toast each tortilla in a dry frying pan over medium-low heat. Put a small amount of meat and vegetables into each tortilla. Top with cilantro, Greek yogurt, and/or an extra squeeze of lime juice.

week focus

- Proteins
- Veggies
- Healthy fats



Roasted Vegetable Baked Ziti

PREP TIME: 20 MINS COOK TIME: 1 HR SERVINGS: 4

ingredients

Vegetables:

- 1 crown broccoli
- 1 small eggplant
- 1/2 lb. 4 medium carrots
- 1 medium squash (yellow or zucchini)
- 1 medium yellow onion
- 2 Tbsp olive oil
- salt and pepper
- 3 pinches dried oregano

Pasta:

- 1.5 cup uncooked whole wheat ziti
- 1 cup ricotta cheese
- 1 large egg
- 2 cups shredded mozzarella, divided
- salt and pepper
- 1 24 oz. jar no-sugar-added marinara sauce

substitutions

- Can add ground turkey or chicken for protein
- Can use non-dairy cheese instead of ricotta & mozzarella

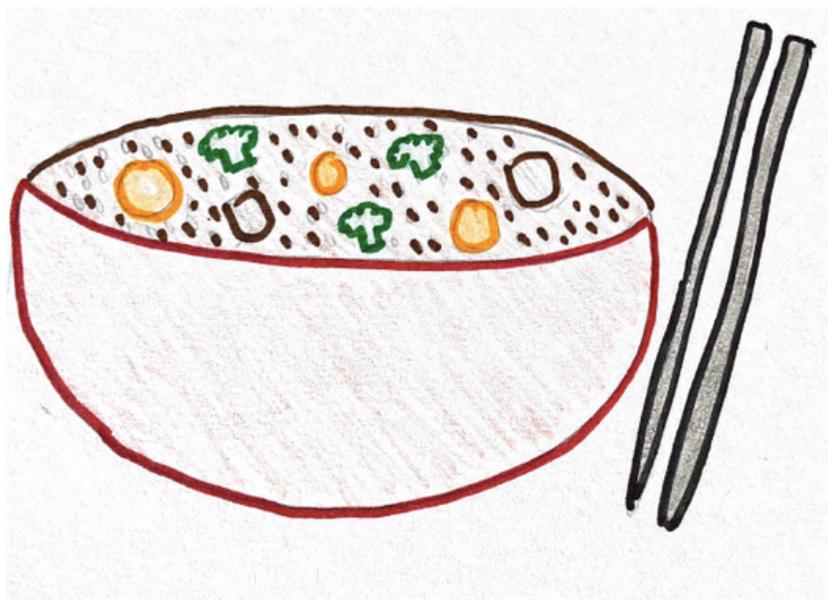
week focus

- Veggies
- Whole grains
- Proteins

directions

- Preheat the oven to 400 degrees. Chop the eggplant into small squares, cut the carrot into thin strips, cut the onion, cut the squash into quarter rounds, & cut the broccoli into small bunches.
- Put the vegetables on 2 baking sheets covered in foil. Drizzle each sheet with olive oil, salt, dried oregano, & pepper. Mix the vegetables on the baking sheet so they are all coated. Roast the vegetables in the oven for about 30 mins. Stir once, half way through.
- While the vegetables are roasting, cook the pasta according to the package directions, drain it & return it to the pot with the burner turned off. Add the sauce and toss.
- In a bowl, stir the ricotta, egg, 1 cup of the shredded mozzarella, 1/4 tsp salt, & pepper. Stir until smooth & even.
- Coat an 8x8 dish with non-stick spray. Spread 1/3 of the pasta & sauce over the bottom. Put 1/2 of the ricotta mixture over the pasta, then 1/2 of the vegetables. Repeat these 3 layers until there is none left.
- Change the oven temperature to 375 degrees and bake the casserole for about 30 minutes.

Fried Brown Rice



PREP TIME: 5 MINS COOK TIME: 10 MINS SERVINGS: 4

ingredients

- 2 Tbsp sesame oil
- 3 cloves garlic, minced
- 2 chicken breasts, diced
- salt, to taste
- pepper, to taste
- 1 cup carrot, diced
- 1 cup broccoli floret
- 2 cups brown rice, cooked
- 1/2 cup frozen peas
- 3 Tbsp low sodium soy sauce

directions

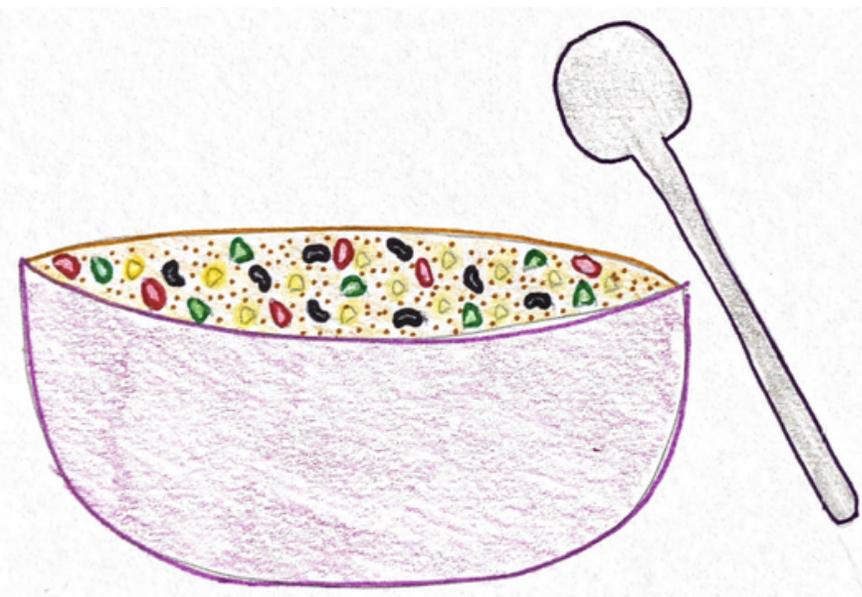
- Heat sesame oil in a frying pan and cook the garlic until it is soft.
- Add the chicken, salt, and pepper to the frying pan and saute for about 5 minutes.
- Add the carrots and broccoli, saute until soft.
- Add the rice, soy sauce, and peas. Mix thoroughly. It is best to use room temperature or cold rice so it won't get too mushy.

substitutions

- Can use olive oil if sesame oil is unavailable
- Can substitute scrambled eggs, or tofu instead of chicken
- Can use frozen veggies to save time

week focus

- Proteins
- Veggies
- Whole grains



One Pan Mexican Quinoa

PREP TIME: 10 MINS COOK TIME: 25 MINS SERVINGS: 4

ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup dry quinoa
- 1 cup vegetable broth
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup corn kernels (frozen, canned, or roasted)
- 1 tsp chili powder
- 1/2 teaspoon cumin
- Kosher salt and black pepper, to taste
- 1 avocado, diced
- juice of 1 lime
- 2 Tbsp chopped fresh cilantro leaves

substitutions

- Can also add in zucchini, onion, yellow squash, kale, or spinach for more veggies
- Can add chicken, tofu, tempeh, or turkey for more protein

directions

- Heat olive oil in a large frying pan on medium high heat. Add garlic and jalapeno, and cook for about a minute. Stir constantly.
- Add in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin, stir. Add salt and pepper to taste.
- Bring to a boil, cover, lower the heat and simmer for about 20 minutes. Make sure the quinoa is cooked through.
- Add the avocado, lime juice, and cilantro at the end.

week focus

- Whole grains
- Veggies
- Healthy fats
- Protein

Mac and Cheese



PREP TIME: 30 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 1-1/2 cups uncooked whole wheat elbow macaroni
- 3 cups fresh broccoli florets
- 2 cups fresh cauliflower florets
- 3 large carrots, halved lengthwise and thinly sliced
- 2 celery ribs, sliced
- 1 Tbsp butter
- 1 medium onion, chopped
- 1/4 cup all-purpose whole wheat flour
- 1 cup 2% milk
- 1 cup chicken broth
- 3 cups shredded low fat cheddar cheese
- 1 Tbsp Dijon mustard
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/4 tsp paprika

substitutions

- Can use non-dairy milk and non-dairy cheese instead
- Can use frozen veggies to save time
- Can substitute olive oil for butter

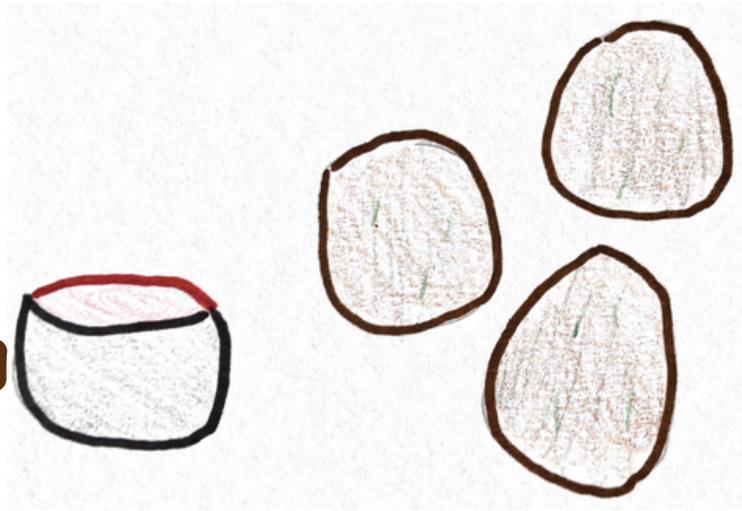
directions

- Preheat oven to 350 degrees. Cook macaroni in a pot according to the package directions.
- During the last 6 minutes of cooking, the macaroni, add the broccoli, cauliflower, carrots, and celery. Drain and transfer to a 13x9 in. baking dish that has been greased.
- At the same time, heat butter over medium/high heat and sauté onion until tender in a large pan.
- Stir in flour until the texture is consistent. Slowly stir in milk and broth, then bring to a boil. Cook and stir for about 2 mins (until thickened). Add in cheese, mustard, salt, and pepper, then stir.
- Add cheese sauce to macaroni and stir. Add paprika to taste. Bake uncovered for about 15-20 mins.

week focus

- Whole grains
- Veggies

Chickpea "Chicken Nuggets"



PREP TIME: 10 MINS COOK TIME: 10 MINS SERVINGS: 4

ingredients

- 15 oz. chickpeas (garbanzo beans), canned
- 1/2 medium onion
- 1/4 cup parsley, fresh
- 1 clove garlic
- 1 large egg
- 1 tsp cumin (ground)
- 1 tsp salt
- 1/8 tsp black pepper
- 1 tsp lemon juice
- 1 tsp baking powder
- 2 Tbsp olive oil
- 1 cup whole wheat bread crumbs

directions

- Drain and rinse chickpeas then smash them with a fork. Slice the onion.
- Put the onion, parsley, & garlic into a food processor. Pulse until well blended.
- In a mixing bowl, whisk the egg, cumin, salt, pepper, lemon juice, baking powder, and 1 Tbsp olive oil into a mixture.
- Add onion mixture and egg mixture to the beans and stir.
- Add a small amount of bread crumbs in at a time so the dough can be shaped easily. Shape into nuggets.
- Heat the leftover olive oil in a large frying pan. Cook nuggets so they're golden brown on both sides. Add more oil if necessary.

substitutions

- Serve with sliced fruits and veggies for a more complete meal!

week focus

- Protein
- Whole grains

Make Your Own Tacos Bar



PREP TIME: 20 MINS COOK TIME: 15 MINS SERVINGS: 10 TACOS

ingredients

Chipotle Turkey Taco Filling:

- 1 Tbsp extra-virgin olive oil
- 1-1/3 lbs ground turkey breast
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 chipotles in adobo sauce, chopped
- 1 cup tomato sauce
- 1 rounded Tbsp chili powder
- salt
- 1/2 cup water

Toppings and Sides (can choose from list):

- 1-1/2 cups shredded low fat cheddar cheese
- 1-1/2 cups shredded low fat Monterey Pepper Jack cheese
- shredded Romaine lettuce, 2 hearts
- 6 scallions, chopped
- diced red plum tomatoes
- taco sauce, any brand
- yellow Pico de Gallo
- 10 whole wheat tortillas

Yellow Pico de Gallo:

- 3 yellow vine ripe tomatoes, seeded and diced
- 2 small jalapeno peppers, seeded and chopped
- 1 small white onion, chopped
- 3 Tbsp chopped fresh cilantro leaves
- Salt to taste

directions

- In a frying pan, add oil and turkey breast meat over medium/high heat, brown for 2 or 3 minutes, then add onions and garlic. Cook for another 3-5 minutes. Add in chipotles, chili powder, and tomato sauce. Add salt to taste.
- Stir 1/2 cup water into the taco filling. Lower the heat to medium low. Allow the filling to simmer until ready to eat.
- Add all Pico de Gallo ingredients in a small bowl, mix, and serve.
- Put warmed tortillas next to stove. Serve the fillings from the pans they were cooked in. Put toppings in little dishes on the other side of the stove.

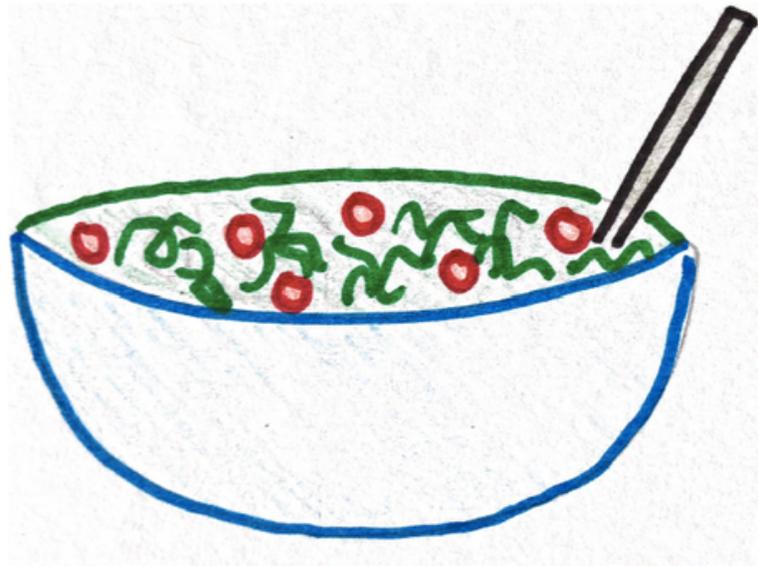
substitutions

- Can sub in ground chicken, or tofu
- Can add avocado as a topping
- Can add bell peppers for more veggies

week focus

- Protein
- Veggies
- Whole grains

Avocado Pesto Pasta



PREP TIME: 15 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 1 medium spaghetti squash
- 1 medium avocado
- 1/2 cup basil, fresh
- 3 cloves garlic
- 1/4 cup Parmesan cheese, shredded
- 1/8 cup walnuts, chopped
- 1/4 tsp salt
- 1 Tbsp olive oil
- 1 cup cherry tomatoes
- 1/8 tsp black pepper

substitutions

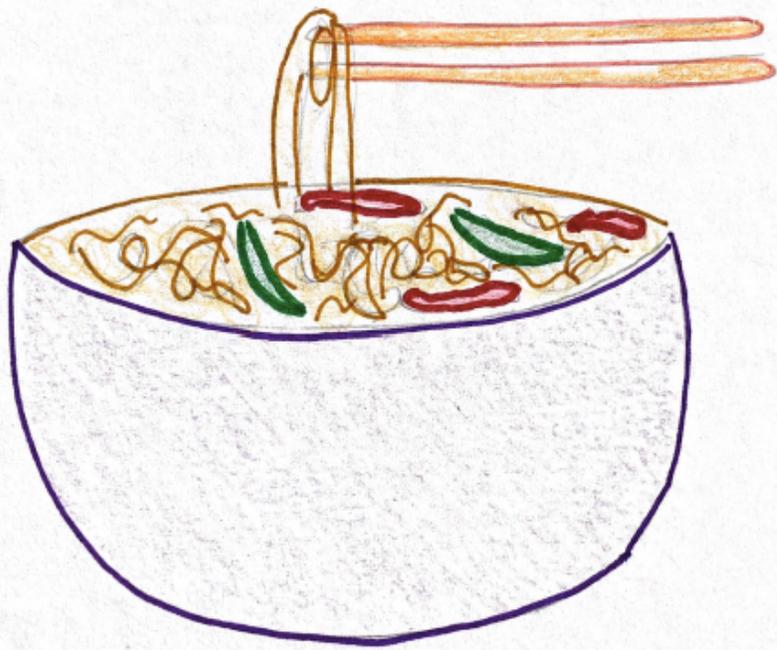
- Can add grilled or baked chicken, or tofu for protein
- Can add more veggies like spinach, kale, squash, or peas

directions

- Pierce the skin of the spaghetti squash every few inches with a knife. Microwave squash for 5 minutes. Turn over and microwave for 5 more minutes. Repeat until the skin is soft.
- As the squash microwaves, make the pesto: put avocado, basil, lemon juice, garlic, Parmesan, walnuts, salt, and olive oil in a food processor. Pulse until the pesto has the consistency of a smooth paste.
- Cut tomatoes and saute them on medium-high heat so they're heated through. Add salt and pepper to taste.
- After the squash is cooked, cut the squash in half from the stem to the bottom then take out the seeds with a spoon. Use a fork to scrape the "noodles" out of the skin. Put the noodles in a bowl, then add the pesto & tomatoes. Mix so everything is well coated.

week focus

- Veggies
- Healthy fats



Veggie Lo Mein

PREP TIME: 10 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 8 oz (1 cup) dry whole wheat spaghetti pasta
- 1 Tbsp olive oil
- 3 clove garlic
- 1 cup snow peas
- 2 medium carrot
- 1 medium bell pepper, red

Sauce:

- 4 Tbsp low sodium soy sauce
- 1 tsp sesame oil
- 1/4 tsp dried ginger
- 2 Tbsp rice vinegar
- 1 tsp sesame seeds (garnish)
- Can sweeten with a dash of brown sugar or honey if needed

substitutions

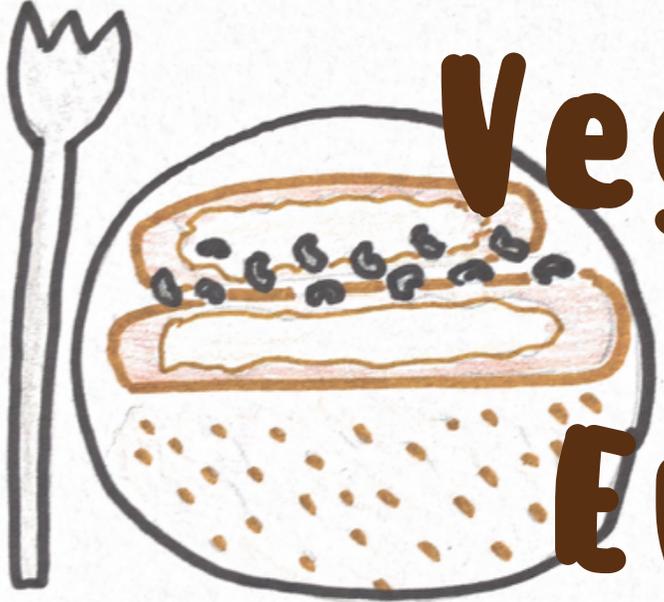
- Can add grilled, baked, or pan fried chicken or tofu for protein
- Can use gluten free pasta and gluten free soy sauce if needed

directions

- Cook the noodles according to package instructions.
- Add the same time, whisk the soy sauce, sesame oil, brown sugar, dried ginger, and rice vinegar in a bowl.
- Cut the red bell pepper and carrots into small sticks.
- Heat oil in a large frying pan.
- Add the bell pepper and carrots. Cook until for about 5 minutes (until soft).
- Add the minced garlic and snow peas. Cook for an additional minute.
- Add in the cooked noodles and sauce, mix so the noodles are coated.
- Garnish with sesame seeds (optional).

week focus

- Whole grains
- Veggies



Veggie Black Bean Enchiladas

PREP TIME: 15 MINS COOK TIME: 45 MINS SERVINGS: 4

ingredients

- 2 cups enchilada sauce
- 2 Tbsp olive oil
- 1 cup chopped red onion
- 1 red bell pepper
- 1 broccoli or cauliflower head, florets removed and sliced into bite-sized pieces
- 1 tsp ground cumin
- 1/4 tsp ground cinnamon
- 5-6 oz baby spinach (about 5 cups packed)
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup shredded low-fat Monterey Jack cheese (or cheddar)
- 1/2 tsp salt, to taste
- black pepper, to taste
- 8 whole wheat tortillas (about 8 in. in diameter)

substitutions

- Can add ground, shredded, or rotisserie chicken or turkey
- Can use homemade or store bought enchilada sauce
- Can add avocado as garnish for healthy fats

week focus

- Veggies
- Grains
- Proteins

directions

- Preheat oven to 400°F. Use olive oil to grease a 13x9 in. pan.
- In a large frying pan, warm the olive oil over medium heat until it simmers. Add the onions & a pinch of salt. Cook the onions for about 5-7 mins, stirring frequently. Add the broccoli & bell pepper, stir, & lower heat to medium low. Cover the frying pan, cook for about 8-9 minutes, stirring every so often,
- Add the cumin & cinnamon, cook about 30 sec. Add the spinach, adding a few handfuls at a time.
- Put the contents of the pan into a mixing bowl. Add the drained beans, 1/4 cup cheese, & 2 Tbsp enchilada sauce. Add 1/2 tsp salt and black pepper to taste.
- Make the enchiladas: pour 1/4 cup enchilada sauce into the pan & evenly coat the bottom. Put 1/2 cup filling mixture down the middle of a tortilla, then wrap the right side over the left side. Put it seam side down along the edge of the pan. Repeat with the rest of the tortillas and filling.
- Put the left over enchilada sauce and cheese evenly over the enchiladas.
- Bake uncovered for 20 mins. Remove from oven and let the enchiladas rest for 10 mins.

One-Pan Honey Garlic Chicken & Veggies



PREP TIME: 15 MINS COOK TIME: 30 MINS SERVINGS: 4

ingredients

- 4 Tbsp olive oil
- 1 Tbsp honey
- 3 cloves garlic
- 1 Tbsp soy sauce , low sodium
- 1/8 tsp salt
- 1/8 tsp black pepper, ground
- 1 lb chicken breast
- 4 medium potato (red, white or russet)
- 2 cups green beans

substitutions

- Can add other veggies like broccoli, cauliflower, or bell pepper
- Can substitute gluten free soy sauce
- Serve with brown rice for whole grains

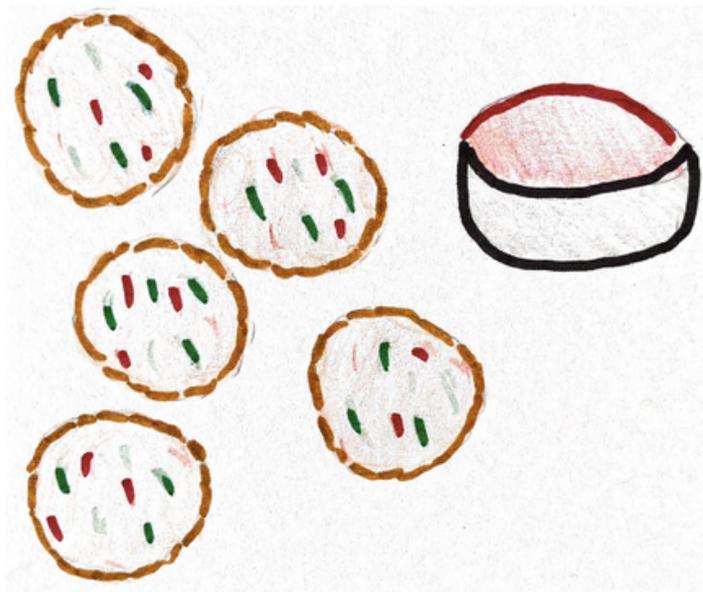
week focus

- Protein
- Veggies

directions

- Preheat oven to 400 degrees F. Cover a baking sheet with aluminum foil.
- In a bowl, whisk 3 Tbsp olive oil, with honey, garlic, & soy sauce together. Add salt and pepper to taste. Mix the olive oil mixture and chicken breasts in a large ziplock bag. Shake the bag, then let it marinate while washing and cutting the potatoes.
- Put potatoes onto the prepared baking sheet, making sure they're in a single layer. Drizzle 1 Tbsp olive oil and add salt and peppe to taster. Top with the chicken and put the leftover marinade over the chicken breasts.
- Put in the oven let it cook for 25-30 mins, so the chicken is completely cooked through . During the last 10 mins of cook time, add the green beans. Broil on high for about 2-3 mins.

Pesto Chicken Veggie Meatballs



PREP TIME: 20 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 1 lb chicken breast
- 1/2 medium red bell pepper, diced
- 1 medium carrot, diced
- 1 cup zucchini, grated
- 2 Tbsp pesto
- 1/2 cup bread crumbs, whole wheat
- 1/2 tsp salt
- 1 Tbsp olive oil

substitutions

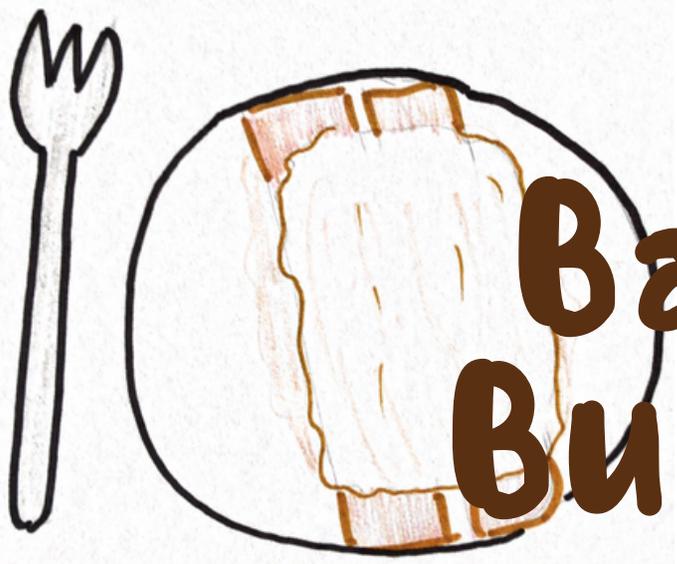
- Can use store-bought or homemade pesto
- Can make leftover meatball sandwiches with lunch
- Can use frozen veggies to save time

week focus

- Protein
- Whole grains
- Veggies

directions

- Preheat the oven to 375 degrees F.
- Make the vegetable mixture: pat grated zucchini dry with a paper towel. Add the zucchini, carrot, and bell pepper to a bowl.
- Add the pesto, bread crumbs, and salt, then mix.
- Use your hands or a fork to fold in the ground chicken breast. Mix together the chicken and vegetable mixture until it's well-combined, but make sure not to overwork it.
- Cover a baking sheet with foil and drizzle with oil.
- Make 1-1.5 inch meatballs using a scoop, spoon, or your hands and put them on the baking sheet.
- Bake at 375 degrees for 10 mins. Broil the meatballs for an additional 1-3 mins so they're more browned.
- Enjoy with a whole grain and more veggies to complete the meal!



Salmon Baked Bean Burrito Bowl

PREP TIME: 15 MINS COOK TIME: 45 MINS SERVINGS: 4

ingredients

- 6-8 oz. of ground salmon (or 2 3-4 oz. fillets)
- 1 Tbsp of olive oil, divided
- 5 8 in. whole grain flour or corn tortillas
- 1 1/2 cup (1 can) low-sodium black beans
- 1 cup diced tomatoes
- 1/4 cup diced onion
- 1/2 tsp minced garlic (1/4 tsp dry garlic)
- 1/2 cup mozzarella
- 1 tsp taco seasoning
- Salsa to taste
- 2 cups precooked brown rice (optional)
- 2 cups chopped lettuce (optional)

substitutions

- Can add corn and avocado to the bowls for veggies and healthy fats
- Can use canned salmon
- Can use canned black beans

week focus

- Protein
- Veggies
- Whole grains

directions

- Preheat oven to 350 degrees F. Grease a baking dish with oil.
- Put both salmon fillets in a frying pan with 1 Tbsp oil and the minced garlic. Cook on medium high heat for 10-12 mins. Put the salmon in a bowl, and break it into small pieces. Add pinch of salt and black pepper, then place in fridge.
- Cook beans on stove top (or microwave if you used canned). Mix in onions and tomatoes and cook for about 8-10 mins. Mix in cheese until melted and take off the stove.
- Warm tortillas once the salmon and the beans are prepared.
- Put 1/4 cup bean mix and another 1/4 cup of the salmon mix into each tortilla. Roll it up and put in baking sheet. Repeat until there are no more tortillas. Layer the tortillas with extra bean mix. If desired, add some extra cheese on the top.
- Bake covered for 15 mins then uncovered for 10 mins.
- Add salsa to the top when done cooking.
- Put each burrito in a bowl. Add brown rice, lettuce, other veggies, and salsa. You can get creative with this part!

Pita Pizza



PREP TIME: 5 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 6 large pita, whole wheat
- 1 cup cheddar cheese, shredded
- 1/2 medium zucchini
- 1/2 cup corn, (~1/3 can)
- 3/4 cup no-sugar-added pizza sauce
- 1/2 medium bell pepper, yellow
- 6 medium mushrooms
- 1/2 tsp oregano, dried
- 1/2 tsp thyme, dried
- Suggested toppings: sliced olives, diced pineapple, basil, soft-boiled or over-easy egg, rotisserie chicken, pesto, chopped spinach, arugula

substitutions

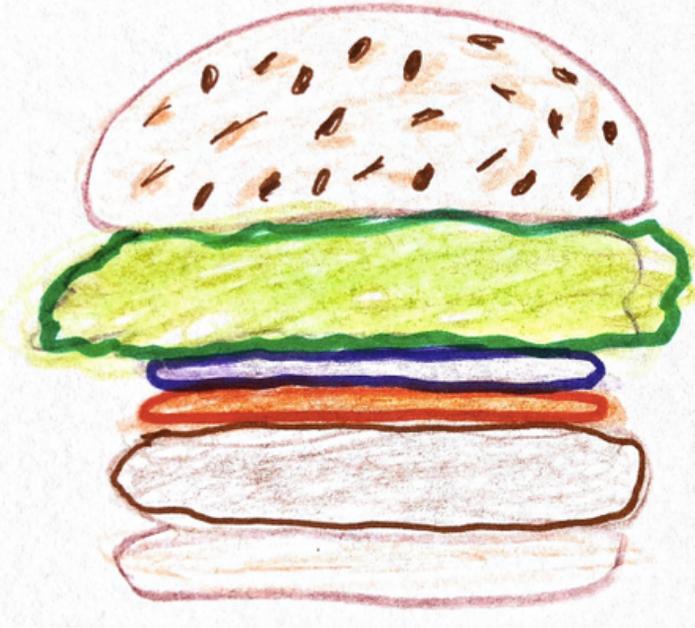
- Can add any additional veggies or meat depending on your preferences

directions

- Preheat oven to 400 degrees F.
- Put 2 Tbsp of pizza sauce on each pita and spread the sauce out to form an even layer
- Top the pizza with the veggies you want.
- Add the shredded cheese at the end.
- Put the pizza in the oven until the cheese is well melted.

week focus

- Whole grains
- Veggies



Teriyaki Turkey Burgers

PREP TIME: 10 MINS COOK TIME: 15 MINS SERVINGS: 4

ingredients

- 1/4 cup water chestnuts
- 1 large egg
- 1 Tbsp teriyaki sauce, reduced sodium
- 1/2 cup bread crumbs, whole wheat
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1 lb turkey, ground
- Serve with 1 medium tomato (sliced), 4 leaves of green leaf lettuce, and 4 whole wheat rolls
- Optional additional burger toppings: sliced avocado, mustard, pickles, sliced low-fat cheese, red onion

substitutions

- Can make a burger salad instead by putting the burger on a bed of lettuce, with dressing and condiments.
- Can serve on gluten free rolls instead

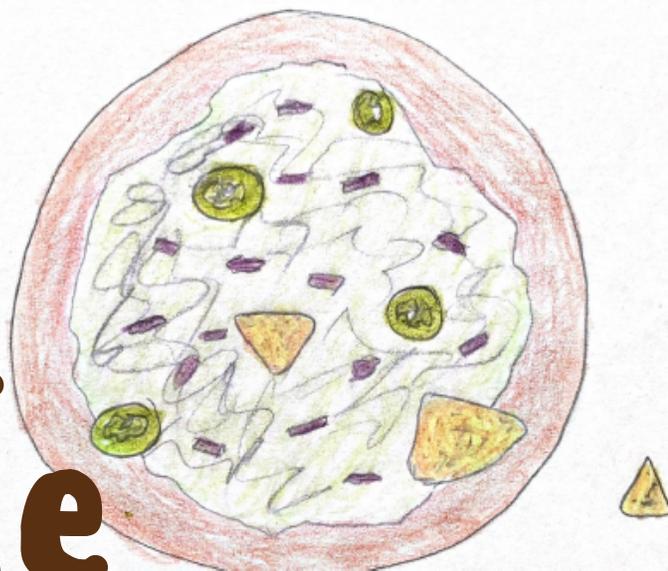
directions

- Dice the water chestnuts so they're fine. Put the water chestnuts, the egg, teriyaki sauce, breadcrumbs, onion powder, salt, and ground turkey in a bowl and mix. Form 4 patties with the mixture.
- Preheat a frying pan or outdoor grill then cook each burger for 6-8 minutes on each side. Make sure the inside is no longer pink
- Serve burgers on whole wheat buns with sliced tomatoes, lettuce, onions, and any additional burger toppings.

week focus

- Protein
- Veggies
- Whole grains

Fan-Favorite Guacamole



PREP TIME: 10 MINS COOK TIME: 0 MINS SERVINGS: 7

ingredients

- 2 medium ripe avocados.
- 1/4 cup diced red onion
- 2 Tbsp diced jalapeno, seeds removed
- 2-3 Tbsp lime juice
- 1/2 tsp sea salt
- 1 tsp ground cumin
- 1/8 tsp red pepper flakes
- 1/4 cup minced cilantro

substitutions

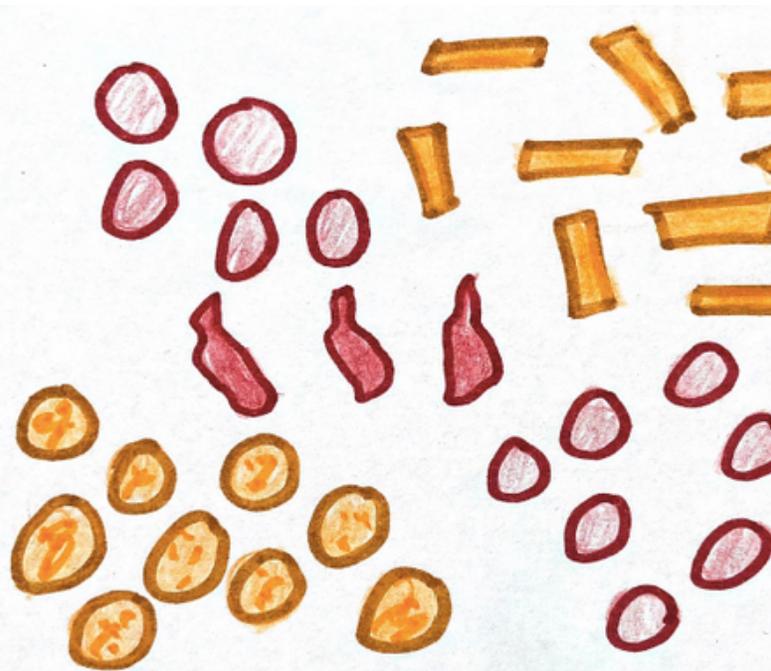
- Serve with raw veggies, whole grain tortillas, or whole grain tortilla chips!
- Can omit the jalapeños and red pepper flake to make the guacamole less spicy.
- Top any favorite dish with this guacamole too.

directions

- Add avocado, onion, jalapeno, lime, salt, cumin, and red pepper flakes to a mixing bowl. Mix the ingredients together and mash them up with a fork.
- Add cilantro and mix. Taste and change flavor as needed.
- Squeeze a little more lime juice over the top if planning on storing.
- Keep the avocado pits, and put them in the guacamole before and when serving! It keeps the color bright green, and also conserves freshness.
- Put the avocado pit in the center of the bowl for presentation and for keeping the guacamole fresh.

week focus

- Healthy fats
- Veggies



Roasted Veggies

PREP TIME: 10 MINS COOK TIME: 35 MINS SERVINGS: 8

ingredients

- 1 medium sweet potato (skin on, sliced into 1/4 in. rounds)
- 1 large beet (skin on, sliced into 1/4 in. rounds)
- 2 large carrots (thinly sliced on a slant)
- 1 clove garlic (optional)
- 1 small red or white onion (skin removed, sliced into thin wedges)
- 1 small head cauliflower (cut into large bite-sized pieces)
- 1 small head broccoli (cut into large bite-sized pieces)
- 1-2 Tbsp olive oil
- sea salt to taste

substitutions

- You can get creative with the veggies! Try adding brussels sprouts, bell peppers, zucchini, yellow squash, and any others you love!
- You can dip these into hummus, add to a salad, or eat as a side.

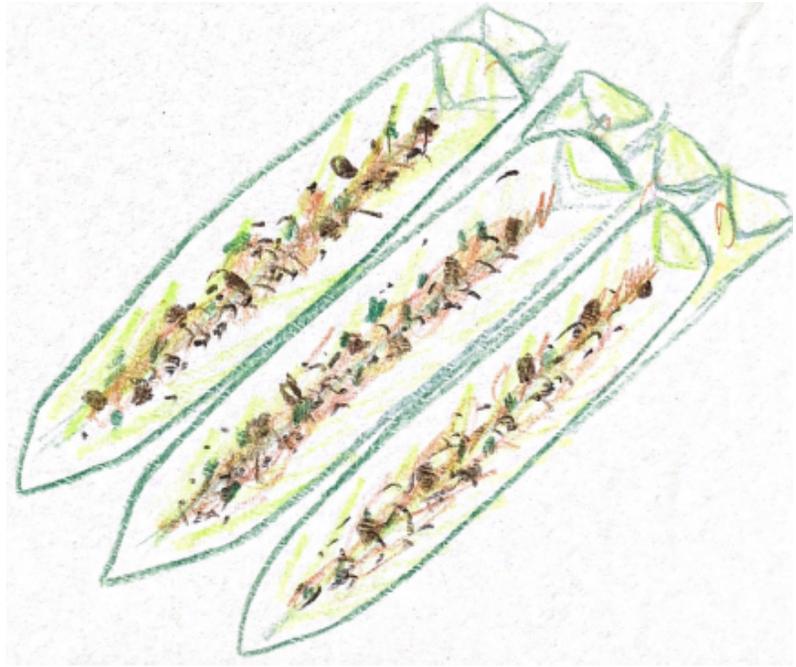
directions

- Preheat oven to 400 degrees F and line 2 baking sheets with parchment paper.
- Wash, peel, and chop vegetables in whatever shape you prefer.
- Add the root vegetables (beets, carrots, potatoes) to 1 pan. Add the onion, garlic, cauliflower and broccoli to the other pan.
- Drizzle with oil and add a pinch of salt. Use your hands to toss the vegetables and arrange them into a single layer.
- Bake the root vegetables for 25-40 mins and the cruciferous vegetables for 25-30 mins. Bake until the vegetables are soft.

week focus

Veggies!

Baked Parmesan Zucchini Fries



PREP TIME: 10 MINS COOK TIME: 20 MINS SERVINGS: 4

ingredients

- 4 zucchini, cut into quarters lengthwise
- 1/2 cup freshly grated Parmesan
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp garlic powder
- salt and black pepper, to taste
- 2 Tbsp olive oil
- 2 Tbsp chopped fresh parsley leaves

substitutions

- Vegetarian option: can substitute parmesan for roasted cashew crumbles or nut cheese
- Can use the same recipe with other veggies too, such as eggplant and yellow squash

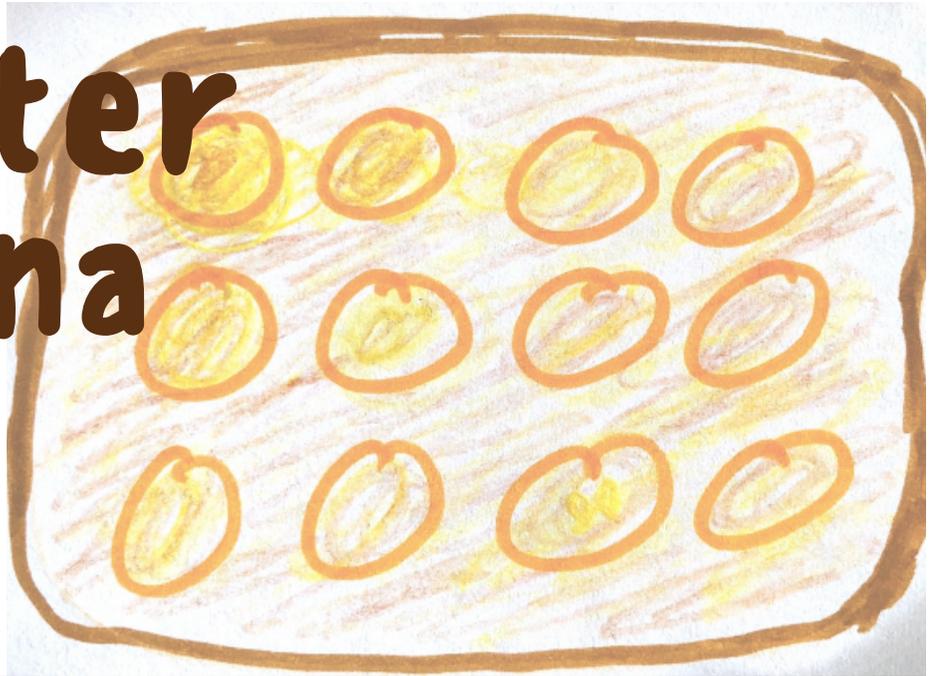
directions

- Preheat oven to 350 degrees F. Use nonstick spray to coat a wire rack and put it on a baking sheet.
- In a bowl, mix the parmesan, thyme, oregano, basil, garlic powder, salt and pepper.
- Put the cut zucchini onto the baking sheet.
- Drizzle with olive oil and add the Parmesan mixture.
- Put the zucchini into the oven and bake for about 15 minutes so it's soft. Broil for 2-3 minutes so the zucchini get crispy. Serve immediately!

week focus

- Veggies
- Healthy fats

Nut Butter & Banana Toast



PREP TIME: 5 MINS COOK TIME: 0 MINS SERVINGS: 2

ingredients

- 2 slices of whole wheat bread
- 1 large ripe banana
- 1 tsp honey (optional)
- 1/4 cup peanut butter

directions

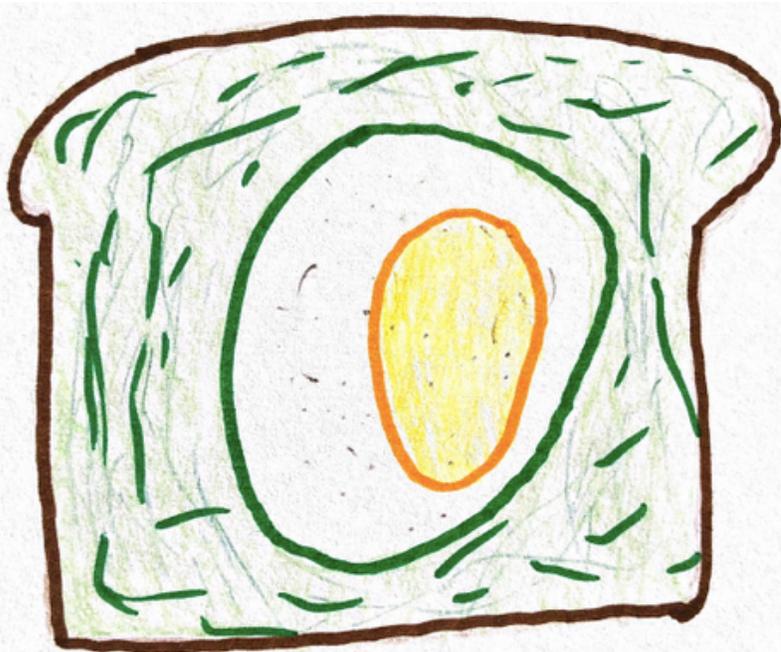
- Toast bread.
- Split peanut butter in half and spread on toast.
- Drizzle a little bit of honey over each piece of toast.
- Cut banana (lengthwise or in rounds) and lay across peanut butter.
- If you want it to be warm, put in microwave for 10 seconds.

substitutions

- Try this recipe with other nut butters like almond butter or cashew butter
- Can substitute any other fruit for the banana, like berries!
- You can also use a whole wheat tortilla instead of bread

week focus

- Whole grains
- Proteins
- Fruits and Veggies



Avocado Toast & Egg

PREP TIME: 5 MINS COOK TIME: 5 MINS SERVINGS: 1

ingredients

- 2 eggs, pan-fried sunny side up
- 2 slices whole grain bread, toasted
- 1 small avocado
- 1 tsp lime juice
- salt and pepper, to taste
- Chopped parsley (optional for topping)

directions

- Prepare toast and fried egg based on your personal preference.
- In a bowl, mash avocado and the lime juice, salt, and pepper.
- Spread the avocado mixture onto each piece of toast. Then, put a fried egg on each piece. Add any additional seasonings preferred such as turkey bacon, basil, or tomatoes.

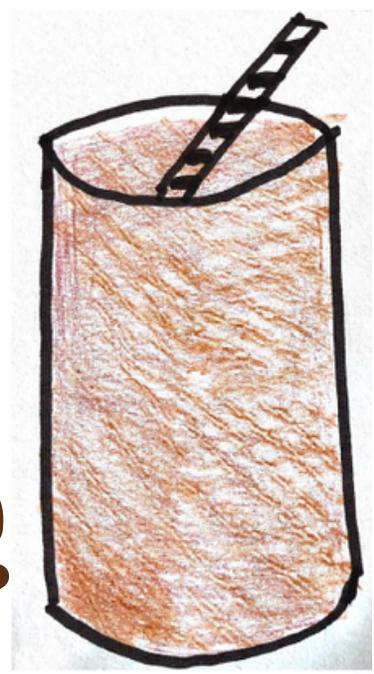
substitutions

- Can add turkey bacon, tomato, low-fat cheese, basil, balsamic vinegar, chopped tomatoes, or fresh herbs

week focus

- Healthy fats
- Whole grains

Peanut Butter & Banana Shake



PREP TIME: 5 MINS COOK TIME: 0 MINS SERVINGS: 3

ingredients

- 3 frozen bananas
- 1/4 cup peanut butter (smooth or chunky)
- 1-1/2 cups milk (plant-based or cow)
- 1/2 cup plain Greek yogurt (cow, soy, almond, or cashew)
- 1 tsp honey
- 1/4 tsp salt
- 1 Tbsp chopped roasted peanuts

directions

- Add the frozen bananas, peanut butter, milk, yogurt, honey, and salt into a blender.
- Blend until smooth.
- For garnish, add a teaspoon of chopped peanuts!

substitutions

- Can use almond butter instead
- Suggested additional mix-ins/toppings: strawberries, cocoa powder, coconut shavings, ground flaxseed, chia seeds, cinnamon, dates, blueberries

week focus

- Fruits
- Protein

Nut Butter Apple Bites



PREP TIME: 5 MINS COOK TIME: 5 MINS SERVINGS: 16

ingredients

- 2 apples, sliced into wedges
- 1/4 cup peanut butter
- 1/4 cup no-sugar-added granola
- 1/4 tsp ground cinnamon, for sprinkling
- dark chocolate chips (optional)
- chopped/slivered nuts (optional)

directions

- Coat tops of apple wedges in peanut butter and sprinkle with granola and cinnamon.
- Melt chocolate chips in the microwave, stirring in 30 second increments until melted. Be careful not to overheat.
- Drizzle wedges with melted chocolate, set on a large platter and serve.
- Sprinkle with chopped nuts for texture

substitutions

- Make your own!
- Can use almond butter instead of peanut
- Optional additional toppings: coconut shavings, yogurt drizzle, chia seeds

week focus

- Fruit
- Healthy fats

Sugar Free Cookies



PREP TIME: 10 MINS COOK TIME: 15 MINS SERVINGS: 6

ingredients

- 1/4 cup coconut oil
- 2 medium banana
- 1 large egg
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1.75 cup rolled or quick oats, dry
- 1/4 cup raisins (optional)

directions

- Preheat oven to 350 degrees F. Lightly grease baking sheets and set aside.
- If coconut oil is in a solid state, heat gently in microwave until just melted. Mash bananas; add to coconut oil and mix well. Use a fork to whisk in the egg and vanilla.
- Stir in the oats, cinnamon, and raisins until combined.
- Spoon the dough onto the baking sheets (you'll make 12-14 cookies). Bake for 15-18 minutes or until slightly golden.

substitutions

- Get creative with other mix-ins! Try cocoa powder for chocolate cookies, or nut butter for extra creamy flavor!

week focus

- Fruit
- Whole grains



Banana "Nice" Cream

PREP TIME: 10 MINS COOK TIME: 0 MINS SERVINGS: 5

ingredients

- 4 bananas, peeled, sliced, and frozen
- 1/4 cup milk (plant-based or dairy)
- 1/2 cup peanut butter (creamy or crunchy, unsweetened)
- pinch of sea salt

substitutions

- Suggested additional mix-ins/toppings: strawberries, cocoa powder, coconut shavings, ground flaxseed, chia seeds, cinnamon, dates, blueberries, vanilla, pumpkin puree, dark chocolate chips

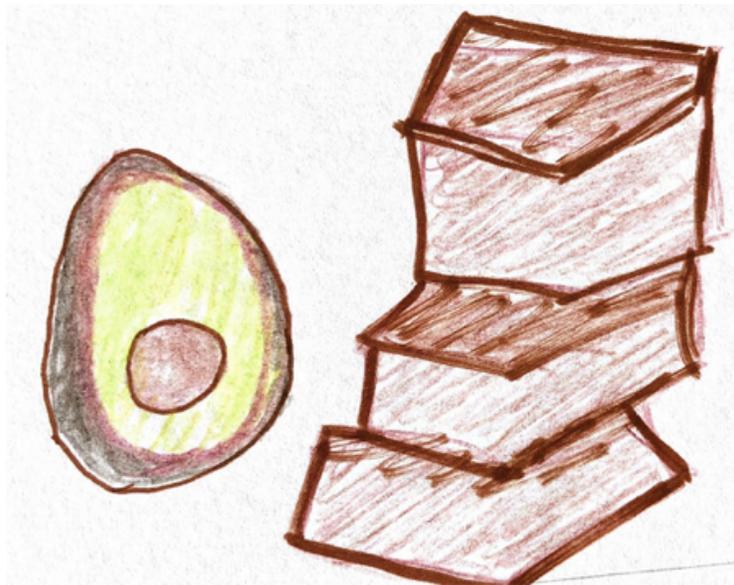
directions

- Place the frozen banana slices and milk in a food processor or blender. Blend and pulse until just smooth, stopping to scrape down the sides with a rubber spatula occasionally. Don't over-blend if you like it chunky.
- Add the peanut butter, a pinch of salt, and optional sweetener to taste and pulse to combine.
- Enjoy immediately as soft serve or transfer to a freezer container for later. Once frozen solid, let nice cream sit at room temperature for about 30 minutes to soften before eating.

week focus

- Fruit
- Protein
- Healthy fats

Dark Chocolate Avocado Brownies



PREP TIME: 10 MINS COOK TIME: 40 MINS SERVINGS: 9

ingredients

- 1 cup avocado, mashed
- 1 cup natural, creamy peanut butter
- 1/3 cup unsweetened cocoa powder
- 2-4 tbsp honey (depending on desired taste)
- 1 tsp vanilla extract
- 1 pinch salt
- 1 cup dark chocolate chips

substitutions

- Top with berries and/or serve with nice cream
- Try mixing in raspberries for yummy chocolate-raspberry brownies

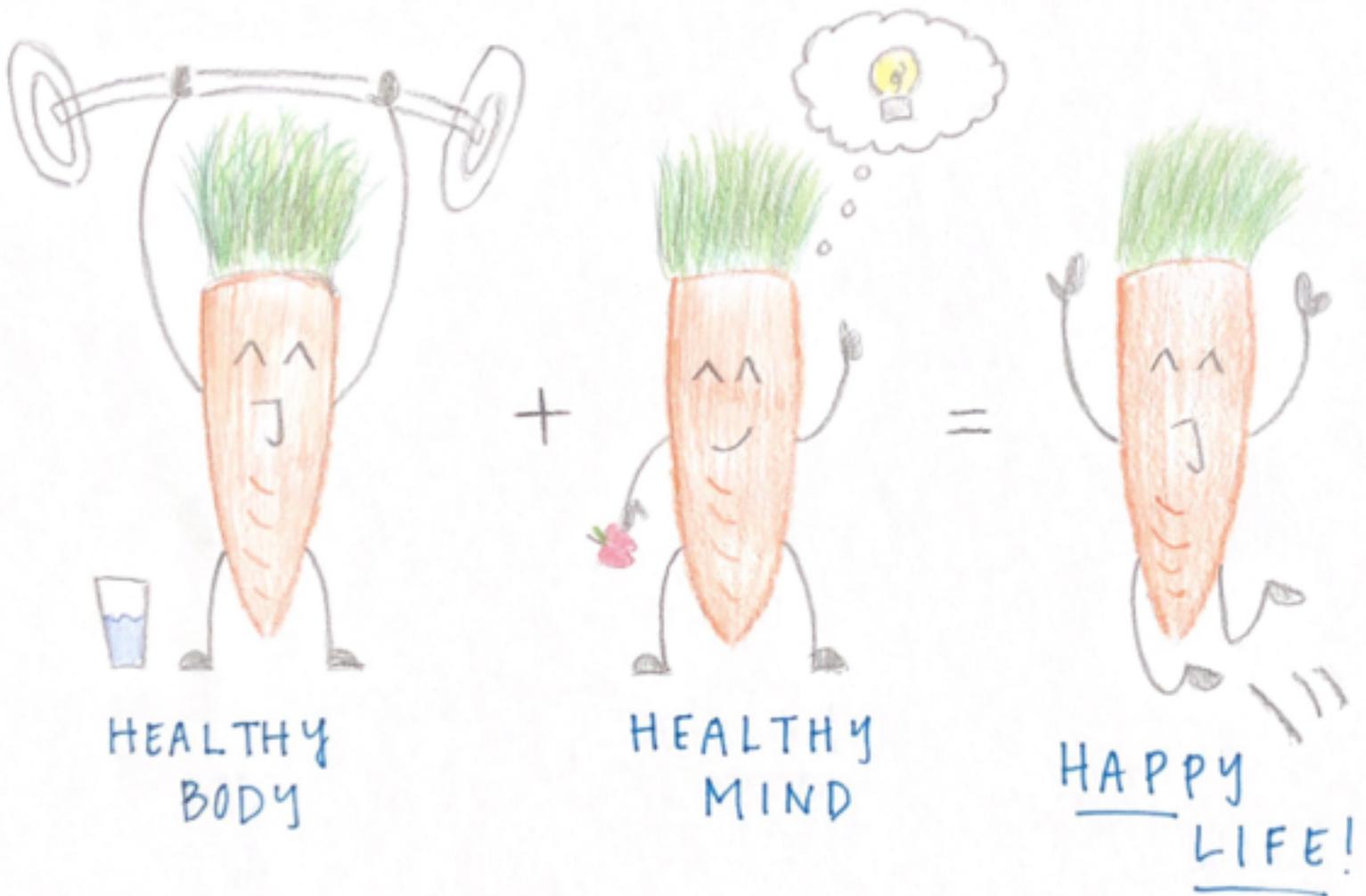
directions

- Preheat the oven to 325 degrees F and spray an 8x8 baking pan with cooking spray.
- Combine the mashed avocado, peanut butter, cocoa powder, honey, vanilla, and salt in a medium-sized mixing bowl.
- Fold in the chocolate chips carefully.
- Spread the batter in the pan with a wooden spoon, pushing it into the corners and smoothing the top.
- Sprinkle a small handful of chocolate chips on top, if you have extra.
- Bake for 40 minutes or until a fork inserted into the center comes out clean.
- Cool completely before cutting and serving.

week focus

- Healthy fats
- Fruit

Have an egg-celent time trying and enjoying these recipes!



Let us know how the recipes tasted! Even better, send us any comments or recipe variations.

**Find us on social media at:
Instagram: @kidsinnutrition
Facebook: @kidsinnutrition
LinkedIn: Kids in Nutrition**