

WEEKLY MEAL PLAN

KEEP IT SIMPLE & QUICK!

Use wichealth.org's recipe finder, *Health eKitchen*, to find the recipes that are starred*!



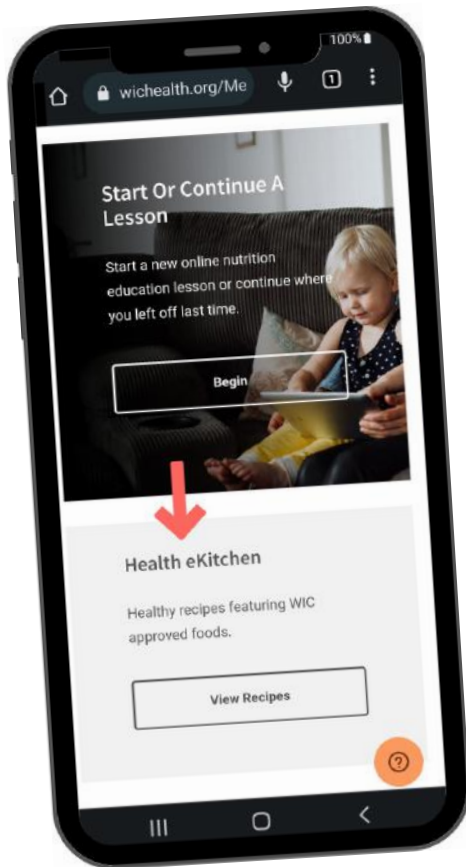
LESSON:
MAKE MEALS AND
SNACKS SIMPLE

By making more meals and snacks at home, you can model healthy habits. You can also offer your family nutritious foods and get your children involved. It does not need to be hard. This week-long menu offers quick and easy options using WIC foods.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST Include at least 3 food groups	Cereal O-shaped cereal Blueberries Diced nuts Low-fat milk	Bran Muffins* Yogurt Sliced grapes 	Whole grain bagel with peanut butter Sliced oranges Low-fat milk	Creamy Banana Walnut Oatmeal*	Breakfast Casserole* Sliced pears	Yogurt parfait	Breakfast tacos Low-fat milk
MORNING SNACK Include at least 2 food groups	Green smoothie 	Apple Wraps* Low-fat milk	Fresh Fruit With Cinnamon Yogurt*	Hard boiled eggs Whole wheat toast Jam Low-fat milk	Cottage cheese and fruit	Whole wheat tortilla with cheese Sliced apples	Yogurt with fruit 
LUNCH Include at least 3 food groups	Black Bean And Vegetable Quesadillas*	Tuna Melt*	Veggie Wraps* 	Quinoa and white bean salad	LEFTOVERS: Noodles with peanut sauce	Taco salad Homemade corn tortilla chips*	Tuna Boats* Whole grain crackers
AFTERNOON SNACK Include at least 2 food groups	Curry Yogurt Dip* Pita Veggies	Tropical Carrot Salad*	Cheese and whole grain crackers	Frozen Yogurt Pops*	Fruit Smoothie* 	Ricotta Watermelon Salad* Whole wheat toast	Peanut Butter Rollups*
DINNER Include at least 3 food groups	Easy Chicken and Vegetables* Whole grain noodles	Triple Bean Chili* Brown rice Green salad	LEFTOVERS: Triple bean chili Brown rice Green salad	Noodles With Peanut Sauce*	Fried rice and veggies	Salmon Pasta Bake*	Turkey Burger Macaroni*

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Search for recipes in wichealth's *Health eKitchen!* You will find it on the wichealth homepage, just as shown below the "Start Or Continue A Lesson".



1
Login into
wichealth.org

2
Scroll down to
Health eKitchen

3
Choose
View Recipes

DON'T COOK!



Use No Cook recipes and foods

Whole grain bagel with peanut butter, smoothies, tuna boats, tropical carrot salad, cheese and crackers



QUICK!

Search for recipes that take 30 minutes or less

Hard boiled eggs with toast, Veggie Wraps, Noodles With Peanut Butter Sauce, Turkey Burger Macaroni, Black Bean And Vegetable Quesadillas.



ACTION STEP

Kids can help prepare most of these meals and snacks. When kids help, they learn about food. They are also more likely to eat what they help prepare!



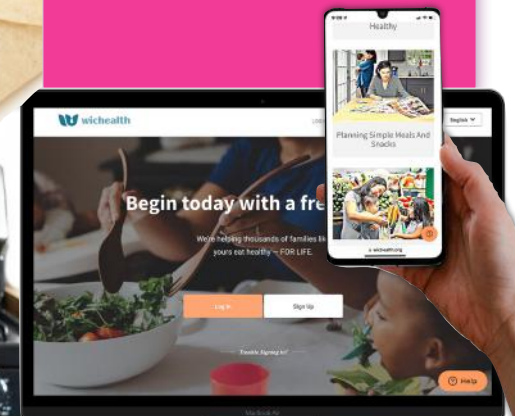
LESSON:
**MAKE MEALS AND
SNACKS SIMPLE**

Take This Lesson to Learn:

- Quick and easy breakfast, lunch, dinner, and snack ideas!
- Tips to add fresh foods to pre-packaged foods for quick meals.
- Basic kitchen skills (with videos)!

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Planning Simple Meals and Snacks**
- Choose the lesson: **Make Meals And Snacks Simple**



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