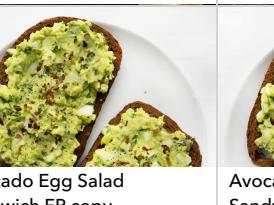
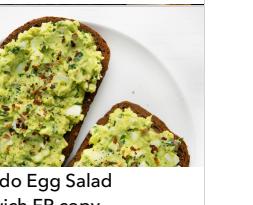




Family-Friendly Meal Plan

Laura Haddox

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast				Eggs & Toast FP 	Eggs & Toast FP 		
Snack 1							
Lunch				Honey Chili Meatballs 	Penne with Red Lentil Bolognese Sauce 		
Snack 2							
Dinner					Penne with Red Lentil Bolognese Sauce 		
Snack 3							

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Fruits

- 3 Apple
- 1 1/2 Avocado
- 1 1/2 Banana
- 4 2/3 cups Blueberries
- 2/3 Lemon
- 2 Pear
- 1 1/2 cups Pineapple

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1 tbsp Chia Seeds
- 1 1/16 tsps Chili Powder
- 1 1/2 tsps Cinnamon
- 1/2 tsp Cumin
- 1/8 tsp Garlic Powder
- 1/8 tsp Ground Mustard
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1/8 tsp Paprika
- 3/4 cup Pumpkin Seeds
- 1/16 tsp Red Pepper Flakes
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sliced Almonds
- 2 2/3 tbsps Walnuts

Frozen

- 1 Brown Rice Tortilla
- 1 cup Frozen Berries
- 2 2/3 tbsps Frozen Corn

Vegetables

- 2 1/2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 4 cups Broccoli
- 4 Carrot
- 8 stalks Celery
- 1 3/4 cups Cherry Tomatoes
- 1/2 Cucumber
- 3 Garlic
- 1/3 head Green Lettuce
- 1 1/3 stalks Green Onion
- 1 1/3 Red Bell Pepper
- 4 Sweet Potato
- 1 3/4 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

Boxed & Canned

- 2 2/3 tbsps Black Beans
- 1 2/3 cups Brown Rice Penne
- 1/3 cup Dry Red Lentils
- 1 cup Jasmine Rice
- 1/3 cup Lite Coconut Milk
- 1/4 cup Organic Chicken Broth
- 1 cup Organic Vegetable Broth
- 3/4 cup Reduced Sodium Chicken Broth
- 1/3 cup Salsa
- 3 1/8 tbsps Tomato Paste
- 5 1/4 ozs Whole Grain Crackers
- 2/3 cup Whole Wheat Pasta Shells

Baking

- 2 tbsps Honey
- 2 tsps Nutritional Yeast
- 1 1/4 cups Oats
- 1 1/2 tbsps Raw Honey
- 1/4 cup Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 14 slices 100% Whole Wheat Or 100% Whole Grain Bread
- 2 2/3 ozs Cheddar Cheese
- 8 ozs Chicken Breast
- 2 Corn Tortilla
- 9 1/3 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 2 tbsps Goat Cheese
- 1 1/2 cups Hummus
- 10 1/2 ozs Sliced Turkey Breast

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1 1/4 tbsps Avocado Oil
- 2 tsps Balsamic Vinegar
- 3 1/2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1/3 cup Sunflower Seed Butter
- 1/3 cup Tomato Sauce

Cold

- 24 1/2 Egg
- 4 1/8 cups Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

Other

- 1 1/3 tbsps Water



Berry Baked Oatmeal

3 servings

45 minutes

Ingredients

- 1 cup Oats (quick or traditional)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 cup Unsweetened Applesauce
- 1/2 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 cup Frozen Berries
- 2 tbsps Sliced Almonds

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce: Use mashed banana instead.

No Almonds: Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



Eggs & Toast FP

1 serving

5 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Egg
- 1 slice 100% Whole Wheat Or 100% Whole Grain Bread (toasted)

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!



Blueberries

2 servings

2 minutes

Ingredients

2 cups Blueberries

Directions

- 1 Wash the berries and enjoy!



Sweet Potato Pancakes copy

2 servings

20 minutes

Ingredients

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Spray the non-stick spray in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Hummus & Veggies Snack Box

2 servings

5 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.
No Hummus: Use guacamole or a ready-made dip instead.



Apple with Sunflower Seed Butter

1 serving

5 minutes

Ingredients

1 Apple (medium, cored and sliced)

2 tbsps Sunflower Seed Butter

Directions

1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up four days.



Yogurt with Pear

2 servings

5 minutes

Ingredients

1 Pear (halved and cored)
2 cups Plain Greek Yogurt

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free: Use coconut or almond yogurt instead of Greek yogurt.

No Pear: Use any type of fresh fruit instead.

Likes it Sweet: Drizzle with honey or maple syrup.



Avocado Egg Salad Sandwich FP copy

2 servings

15 minutes

Ingredients

3 Egg
1/2 Avocado
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Dijon Mustard
1/8 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
4 slices 100% Whole Wheat Or 100%
Whole Grain Bread (toasted)

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Less Bread: Make it an open-face sandwich.
Add a Kick: Add red chili flakes or hot sauce.
Vegan: Use mashed chickpeas or white kidney beans instead of eggs.



Deli Snack Box

3 servings

5 minutes

Ingredients

3/4 cup Pumpkin Seeds
5 1/4 ozs Whole Grain Crackers
1 1/2 cups Cherry Tomatoes
2 2/3 ozs Cheddar Cheese (cubed or sliced)
10 1/2 ozs Sliced Turkey Breast
3 Egg (hard boiled)

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
;
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade: Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Herbed Chicken Tenders with Honey Dijon

2 servings

40 minutes

Ingredients

- 8 ozs Chicken Breast (skinless, boneless, sliced into strips)
- 1 tbsp Avocado Oil (divided)
- 1/4 cup Oats (quick)
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 3 Carrot (medium, peeled and sliced into fries)
- 2 tbsps Dijon Mustard
- 1 1/2 tbsps Raw Honey

Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats: Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian: Use tofu strips instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.



House Salad

2 servings

10 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1/4 head Green Lettuce (roughly chopped)
- 1 Tomato (medium, sliced)
- 1/2 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- : (This step is indicated by a colon and a space)
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar: Use apple cider vinegar or white vinegar instead.

No Lettuce: Use spinach, kale or mixed greens instead.

More Toppings: Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go: Keep dressing in a separate container on the side. Add just before serving.



One Pot Taco Pasta FP

2 servings

40 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 5 1/3 ozs Extra Lean Ground Beef
- 1 1/3 stalks Green Onion (finely chopped)
- 2/3 Garlic (cloves, minced)
- 1/3 tsp Cumin (ground)
- 1/3 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/3 Tomato (large, diced)
- 2 2/3 tbsps Frozen Corn (thawed)
- 2 2/3 tbsps Black Beans (cooked, from the can)
- 1/3 Red Bell Pepper (diced)
- 3/4 cup Reduced Sodium Chicken Broth
- 1/3 cup Salsa
- 2/3 cup Whole Wheat Pasta Shells (dry, uncooked)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



Honey Chili Meatballs FP

2 servings

30 minutes

Ingredients

- 8 ozs Extra Lean Ground Chicken
- 1/4 Yellow Onion (medium, chopped)
- 1 Garlic (cloves, minced)
- 1/2 Egg
- 1/2 tsp Sea Salt (divided)
- 1/8 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Organic Chicken Broth
- 2 1/2 tbsps Tomato Paste
- 2 tbsps Honey
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Chili Powder
- 1/8 tsp Paprika
- 1/8 tsp Ground Mustard

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Put olive oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

- Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.
- Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.
- Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).
- Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.
- Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



Broccoli & Rice

4 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 4 cups Broccoli (chopped into florets)

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!

Notes

No Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Storage: Refrigerate in an airtight container up to 4 days.

Serving Size: One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.



Penne with Red Lentil Bolognese Sauce

2 servings

40 minutes

Ingredients

- 1/8 Yellow Onion (finely chopped)
- 1 1/3 Garlic (clove, minced)
- 1 1/3 tbsps Water
- 1/2 tsp Oregano
- 1/8 tsp Sea Salt
- 1/16 tsp Red Pepper Flakes
- 1/3 cup Dry Red Lentils (rinsed)
- 2 tps Tomato Paste
- 1 cup Organic Vegetable Broth
- 1/3 cup Tomato Sauce
- 2 tps Balsamic Vinegar (divided)
- 1 2/3 cups Brown Rice Penne
- 2 tps Nutritional Yeast (optional)

Directions

- 1 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings: Top with extra red pepper flakes or fresh oregano.

No Penne: Use your favorite noodles or spiralized vegetables instead.



Spinach, Tomato & Goat Cheese Pizza copy

1 serving

20 minutes

Ingredients

2 2/3 tbsps Walnuts
2 tbsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1 cup Baby Spinach (divided)
1/4 cup Basil Leaves
1/16 tsp Sea Salt
1/8 tsp Black Pepper
1 Brown Rice Tortilla
1/4 cup Cherry Tomatoes (halved)
2 tbsps Goat Cheese (crumbled)

Directions

- 1 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 2 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 3 Take the remaining baby spinach and finely chop.
- 4 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein: Add diced chicken, lentils or chickpeas.

Sub Cheese: You can substitute for other soft cheese such as blue cheese or feta



Classic Tacos

1 serving

25 minutes

Ingredients

2 Corn Tortilla
3/4 tsp Avocado Oil
4 ozs Extra Lean Ground Beef
1/4 tsp Onion Powder
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
1/8 tsp Cumin
1/8 head Green Lettuce (small, finely chopped)
1/2 Tomato (medium, diced)

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

Serving Size: One serving is equal to two tacos.

Storage: Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings: Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef: Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian: Use lentils instead of ground meat.



Frozen Yogurt Covered Blueberries

2 servings

40 minutes

Ingredients

1 cup Blueberries (fresh or frozen, not wild)

2 tbsps Plain Greek Yogurt

Directions

- 1 In a bowl, combine blueberries and yogurt until well coated.
- 2 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 3 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

Notes

Kid-Friendly: Serve just a few at a time as these will melt quickly after handling.

Dairy-Free & Vegan: Use a dairy-free yogurt such as coconut or almond.



Pina Colada Ice Cream FP

3 servings

5 minutes

Ingredients

- 1 1/2 Banana (sliced and frozen)
- 1 1/2 cups Pineapple (cut into chunks and frozen)
- 1/3 cup Lite Coconut Milk (canned)

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.