



## THE DAILY DISH IDEAS AND MEAL PLANNER

### BREAKFASTS

#### QUICK FIXES

- ☐ PB&banana on toast or English muffin
- ☐ Yogurt with fresh or frozen berries - add cereal or granola for extra fun
- ☐ Granola bar & apple
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

#### WEEKEND SPECIALS

- ☐ Fruit pancakes (berries, bananas, apples, etc.)
- ☐ Veggie omelet
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### LUNCHES

#### BROWN BAG FILLERS

- ☐ Fruit/applesauce cup
- ☐ Fresh fruit (apples, bananas, grapes, peaches, etc.)
- ☐ Box of raisins
- ☐ Baby carrots
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

#### LUNCH AT HOME

- ☐ Fresh/frozen fruit (banana, berries, etc.) & yogurt smoothie
- ☐ Fresh veggies (broccoli, pepper, cauliflower, carrot) with ranch
- ☐ Pizza with veggies
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### SNACKS

#### ON-THE-GO SNACKS

- ☐ Dried fruit (raisins, cranberries, apple rings, figs, etc.)
- ☐ Fresh fruit
- ☐ Ants on a log (celery sticks with peanut butter and raisins)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

#### SNACKS WITH TIME

- ☐ Sliced tomatoes with crackers and cheese
- ☐ Cheesy cooked veggies (potatoes, broccoli, etc.)
- ☐ Apple slices with PB
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### DINNERS

#### DINING IN

- ☐ Pizza, pasta, or soup with fresh or frozen veggies
- ☐ Fruit for dessert! Fresh/frozen berries & frozen yogurt
- ☐ Fresh/frozen carrots, peas, corn, broccoli
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

#### EATING OUT

- ☐ Choose a baked potato or side salad instead of french fries
- ☐ Try a veggie sandwich or add veggies to your own
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### WEEKLY SHOPPING LIST

Veggies and Fruits

Bread/Cereal/Pasta/Rice

Dairy/Refrigerated

Frozen/Packaged

Meat/Fish/Beans/Nuts

Other

1



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