

## Family Champions. One Change at a Time.

### 10 No-Recipe Entrees!

Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

**In your cupboard:**

- Canned beans: low-fat refried beans, black beans
- Canned tuna packed in water
- Canned petite diced tomatoes
- Canned chopped green chilies
- Canned pineapple chunks or tidbits, in its own juice
- Chili powder or no-sodium chili seasoning packet
- Instant Brown Rice
- Whole wheat thin spaghetti

- Garlic powder or fresh garlic
- Non-Stick cooking spray

**In your refrigerator:**

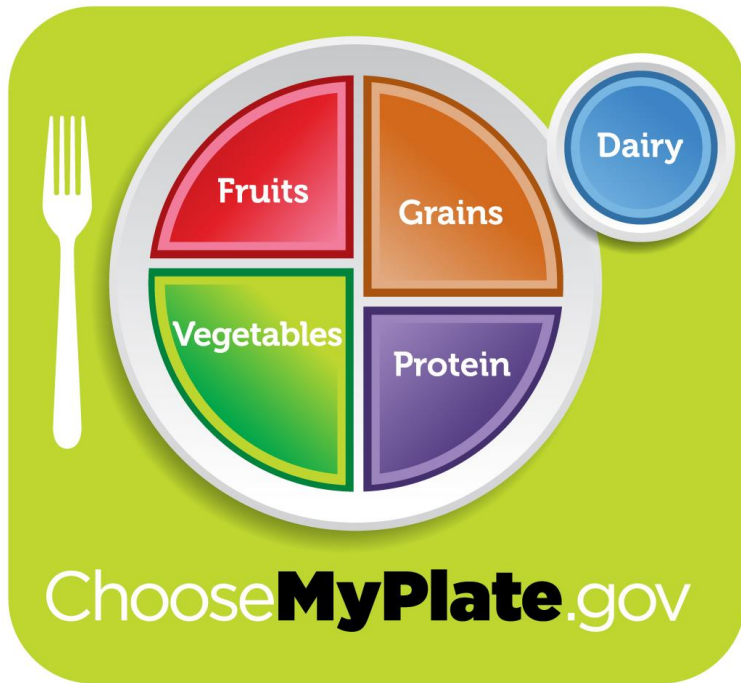
- Light mayonnaise
- Low-fat or reduced fat cheddar cheese, shredded
- Part-skim mozzarella cheese, shredded
- Eggs
- Veggies of choice (i.e. red onion, celery)
- Light sour cream or plain yogurt

- Whole wheat or corn tortillas
- Whole wheat English muffins
- Low-sodium Teriyaki sauce

**In your freezer:**

- Frozen stir-fry vegetables
- Frozen bell pepper strips
- Frozen vegetable medley
- Frozen corn
- Frozen lean meats, raw (for example, chicken tenders, 95% lean beef, lean pork, or fish)

<p>Meal #1</p> <p><b>Bean and Cheese Burritos</b></p> <p>Whole wheat or corn tortillas</p> <p>Canned low-fat refried beans</p> <p>Chili powder or no-sodium chili seasoning packet</p> <p>Low-fat or reduced-fat cheddar cheese, shredded</p> <p>Light sour cream or plain yogurt</p> <p>Can chopped green chilies</p>	<p>Meal #6</p> <p><b>Stir Fry</b></p> <p>Frozen lean meat or cooked egg</p> <p>Frozen stir-fry vegetables</p> <p>Small canned pineapple chunks or tidbits, in its own juice, drained</p> <p>Instant brown rice</p> <p>Low-sodium Teriyaki sauce</p>
<p>Meal #2</p> <p><b>Black Bean Veggie Fajitas</b></p> <p>Canned black beans</p> <p>Frozen bell pepper strips</p> <p>Whole wheat or corn tortillas</p> <p>Low-fat or reduced-fat cheddar cheese, shredded</p> <p>Light sour cream or plain yogurt</p>	<p>Meal #7</p> <p><b>Rice &amp; Beans</b></p> <p>Instant brown rice</p> <p>Canned black beans</p> <p>Canned tomatoes</p> <p>Frozen corn</p> <p>Part-skim mozzarella cheese, shredded</p>
<p>Meal #3</p> <p><b>Pasta</b></p> <p>Whole wheat thin spaghetti</p> <p>Canned tomatoes</p> <p>Frozen vegetable medley</p> <p>Garlic powder or fresh garlic</p>	<p>Meal #8</p> <p><b>Mediterranean Chicken</b></p> <p>Frozen chicken breast tenderloins (boneless and skinless)</p> <p>Canned tomatoes</p> <p>Garlic powder or fresh garlic</p> <p>Optional: whole wheat thin spaghetti</p>
<p>Meal #4</p> <p><b>Veggie Quesadillas</b></p> <p>Whole wheat tortillas</p> <p>Part-skim mozzarella cheese, shredded</p> <p>Leftover veggies or cooked frozen bell pepper strips</p> <p>Non-stick cooking spray</p>	<p>Meal #9</p> <p><b>Veggie Scramble</b></p> <p>Eggs</p> <p>Frozen bell pepper strips, cooked and diced</p> <p>Low-fat or reduced-fat cheddar cheese, shredded</p>
<p>Meal #5</p> <p><b>Tuna Melt</b></p> <p>Canned tuna packed in water, rinsed and drained</p> <p>Light mayonnaise</p> <p>Whole wheat English muffin</p> <p>Low-fat or reduced-fat cheddar cheese, shredded</p> <p>Chopped veggies of choice, i.e. red onion, celery</p> <p>Garlic Powder</p>	<p>Meal #10</p> <p><b>Teriyaki Chicken</b></p> <p>Frozen chicken tenders</p> <p>Low-sodium Teriyaki sauce</p> <p>Frozen vegetable medley</p> <p>Small canned pineapple chunks or tidbits, in its own juice</p> <p>Instant brown rice</p>



## **Family Champions. One Change at a Time.**

### ***Key Behaviors for Healthy Families***

- Children thrive when they eat breakfast daily.
- Offer a variety of fresh, frozen, or canned fruits and vegetables at your child's meals and snacks.
- It's important for children to drink low fat milk, or include other low fat dairy products, at meals or snacks.
- Limit the amount of soft drinks or similar sugary beverages your family drinks.
- Make chips, cookies, and candy "sometimes" foods for your family and monitor when children eat these foods.
- Resist the temptation to give candy as a reward for good behavior.
- Encourage children to be physically active every day, and join in with them when you can!
- Share meals together as a family as often as possible, and enjoy each other's company by connecting with each other (and 'disconnecting' the TV during meal time).
- Limit the amount of TV children watch, and limit screen time (TV/games/computer) to less than 2 hours each day.
- Set boundaries like discouraging children watching TV in their bedroom.
- Families should provide opportunities for physical activity through sports or activities with a coach or leader.
- Plan ways to be physically active together as a family.
- Encourage a daily routine for children's bedtime, and aim for your children to sleep 9 hours a night.
- Make fast food meals an occasional outing, not a several-times-a-week routine.



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Thank you for participating in today's **Family Champions** workshop!  
Go to [www.kidseatright.org](http://www.kidseatright.org) for more great recipes, videos, articles, and tips to help parents shop smart, cook healthy, and eat right!