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

**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)

**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)

---

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

Thank you for participating in today’s Family Champions workshop! Go to www.kidseatright.org for more great recipes, videos, articles, and tips to help parents shop smart, cook healthy, and eat right!