

parent tips

Weekly Meal Planner

Use the ideas below to help plan healthier meals for your family.

Breakfast Ideas



Cereal with fruit

- 1 cup whole grain cold cereal or ½ cup unsweetened oatmeal
- ½ cup fat-free or low-fat milk
- ½ cup fresh or frozen fruit such as blueberries, strawberries, or bananas

Continental breakfast

- 2 slices whole grain toast with 2 tablespoons sugar-free jam or peanut butter
- 1 cup fat-free or low-fat yogurt
- ½ cup 100% juice, like orange, apple, or grapefruit

Eggs-n-toast

- 2 eggs, cooked with cooking spray
- 2 slices whole grain toast with sugar-free jelly
- ½ cup sliced strawberries

Breakfast burrito

- Whole wheat tortilla with melted low-fat cheese
- 2 scrambled eggs (cooked with cooking spray) or ½ cup egg substitute
- ½ cup spinach
- ¼ cup salsa

Lunch Ideas



Salad and sandwich

- 1 cup garden salad with 1 tablespoon fat-free or low-fat dressing
- ½ turkey sandwich on whole grain bread with lettuce, tomato, and mustard

Soup and sandwich

- 1 cup low-sodium broth or tomato-based soup
- ½ lean roast beef sandwich on whole grain bread with lettuce, tomato, and mustard

Pizza and salad

- 1 slice cheese or vegetable pizza made with low-fat cheese and whole wheat bread
- Small garden salad with and 2 tablespoons of fat-free or low-fat dressing

Dinner Ideas



Honey mustard chicken

- 3 ounces grilled honey mustard chicken
- ½ cup roasted asparagus
- 1 cup wild rice

Baked fish

- 3 ounces baked fish with lemon dill dressing
- 1 cup whole wheat pasta
- 1 cup garden salad with 2 tablespoons of fat-free or low-fat dressing

Pasta with veggies

- 1 cup whole wheat pasta with ½ cup tomato sauce
- ½ cup steamed broccoli
- 1 slice whole grain bread
- ½ cup pineapple slices

Use these ideas and your family's favorite healthy meals to fill in this weekly meal planner. It will help you plan ahead, make grocery lists, and make sure your family is getting healthy meals. Download a new copy of this planner each week from: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_planner.pdf

Day	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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