



Easy Healthy Family Meals



BREAKFAST

Blueberry Avocado Smoothie

Make-Ahead Breakfast Burritos

LUNCH

Rainbow Bento Box

DINNER

Slow Cooker Chicken & Tomatoes with Side Salad

Vegetarian Flatbread Drizzle

JOIN US ON A MISSION FOR NUTRITION. It's easy! Use the shopping list below to map out your five registered dietitian-approved meals this week. You can even double up on ingredients if you want leftovers or meals to freeze. Find more than 400 recipe ideas on produceforkids.com or follow us on Instagram for inspiration.

SHOPPING LIST



Litehouse® Dressing



**Nature Fresh Farms
cherry tomatoes**



Mission Avocados



**RealSweet®
sweet onions**



**Crispy Green®
Crispy Fruit**



**Eat Smart®
Sweet Kale**



**Pero Family Farms®
mini sweet peppers**

Meal Planning for the Win!

Did you know meal planning can help you avoid stress, make better food choices, save money and reduce food waste!

OTHER ITEMS

- frozen blueberries
- 4-8 turkey sausage links
- carrot sticks
- 1 bag spinach
- 1 1/3 cup Mexican style shredded cheese
- 1 can sliced beets
- 1 cup milk
- green onions
- 5 8-inch flour tortillas
- 1 1/2 – 2 lbs. boneless chicken thighs
- 1/4 cup pizza sauce
- 8 eggs
- lemon
- 2 naan flatbreads
- basil

PANTRY STAPLES

flaxseed, olive oil, low sodium soy sauce, brown sugar, Worcestershire sauce, pepper, garlic cloves and honey



Blueberry Avocado Smoothie

INGREDIENTS:

- $\frac{2}{3}$ cup frozen blueberries
- $\frac{1}{2}$ **Mission Avocado**
- 1 cup spinach
- 1 cup milk
- 1 tbsp flax seed
- Optional: 1-2 tsp. honey or maple syrup

PREP TIME: 5 minutes

SERVES: 1-2

DIRECTIONS:

1. Add all ingredients to blender and puree till smooth. Add more milk if needed.
2. Serve immediately.

HOW TO MAKE SMOOTHIE

FREEZER PACKS:

1. Add all ingredients to a freezer safe container or freezer bag. Seal and freeze.

AVOID THE MID-MORNING SLUMP!

Avocados provide a uniquely silky texture to smoothies without an overbearing taste. Plus, avocados are great to kick off the day being high in protein, potassium and a great source of fiber and healthy fat. Make ahead in frozen smoothie packs for an easy morning!

Breakfast



Make-Ahead Breakfast Burritos

INGREDIENTS:

- 4 8-inch flour tortillas
- 8 eggs
- 1 RealSweet® sweet onion, diced
- 10 Pero Family Farms® mini sweet peppers, diced
- 1/3 cup shredded cheese
- 1 tsp. olive oil
- Optional: 4-8 turkey sausage links, sliced

PREP TIME: 15 minutes

SERVES: 4

DIRECTIONS:

1. In a medium sized pan over medium-high heat, heat olive oil, add onions and sweet peppers. Saute for 3-5 minutes, or until the veggies start to soften.
2. Add turkey sausage and heat through.
3. In a medium sized pan over medium heat, scramble eggs.
4. To tortilla add 1/4 scrambled eggs, 1/4 pepper mixture, and a sprinkle of cheese.
5. Roll tortilla up tightly, serve warm.

FREEZE AHEAD FOR THE PERFECT GRAB AND GO BREAKFAST!

These tasty burritos are packed with sweet goodness. Sweet onions support heart health and sweet peppers regulate blood pressure and promote immune health.

Breakfast



Rainbow Bento Box

INGREDIENTS:

- 1 large flour tortilla wrap
- 1 tbsp. **Lighthouse® Homestyle Ranch dressing**
- ½ cup spinach
- 1 **Pero Family Farms® mini red pepper**, sliced thinly
- 1 **Pero Family Farms® yellow pepper**, sliced thinly
- 2 carrot sticks
- 6 canned beet slices

SIDE:

- 1 package **Crispy Green® Crispy Fruit**

PREP TIME: 10 minutes

SERVES: 1

DIRECTIONS:

1. Spread ranch dressing on wrap and layer spinach, peppers, carrots and beets near center.
2. Fold in the sides of the tortilla and roll up tightly.
3. Slice in half and serve.

EAT THE RAINBOW!

Bento boxes make it easy to pack up the night before and grab and go in the morning. This lunch is perfect for kids or adults and is packed with flavor and nutrients to get everyone through the afternoon.

Lunch



Slow Cooker Chicken & Tomatoes with Side Salad

INGREDIENTS:

- 1 1/2-2 lbs. boneless, skinless chicken thighs
- 2 **RealSweet®** sweet onions, sliced
- 1 pint **Nature Fresh Farms TOMZ** cherry tomatoes
- 1/4 cup low sodium soy sauce
- 4 cloves garlic, minced
- 3 tbsp. brown sugar
- 2 tbsp. Worcestershire sauce
- 1 tbsp. olive oil
- 1/4 tsp. pepper
- Optional: 1/2 lemon
- 1 bag **Eat Smart® Sweet Kale Salad Kit**

PREP TIME: 20 minutes

SERVES: 4-6

DIRECTIONS:

1. In a small bowl, whisk together soy sauce, garlic, brown sugar, Worcestershire sauce, olive oil, and pepper. Set aside.
2. Place onions into slow cooker along with chicken thighs, add tomatoes, pour sauce over top and cover.
3. Cook high for 4 hours or low for 6-8 hours.
4. Squeeze 1/2 lemon juice over chicken (optional).
5. Shred and serve as is or with rice or cauliflower rice.
6. Toss Sweet Kale Salad bag components as side dish

SET AND FORGET THIS SLOW COOKER RECIPE!

Nothing like coming home to a nutritious and delicious dinner ready to go. Did you know tomatoes are actually classified as a fruit? It's because the tomato has seeds and grows from a flowering plant.

Dinner



Vegetarian Flatbread Drizzle

INGREDIENTS:

- 2 large naan flatbreads
- 1 cup shredded mexican style cheese
- 1/4 cup pizza sauce
- 1 tomato, diced
- 3 green onions, diced
- 2-4 tbsp. **Lighthouse® Homestyle Ranch dressing**
- Optional: fresh basil leaves

PREP TIME: 15 minutes

SERVES: 4

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Spread pizza sauce on naan bread and top with half the cheese.
3. Add basil (if using), tomatoes, and onions and then add the rest of the cheese.
4. Bake for 8-10 minutes, or until cheese is melted and bubbly.
5. Drizzle with ranch, slice, and serve hot.

TRY GOING MEATLESS ONE DAY A WEEK!

You don't have to become a vegetarian, but going meatless one day per week helps reduce your carbon footprint through the preservation of fossil fuels and water and a plant-based diet is associated with reduced obesity, diabetes, cancer and cardiovascular disease.



For a complete breakfast, lunch and dinner meal plan and more recipes, visit Produceforkids.com



Photography provided by Jodi Danen, Produce for Kids contributor and author of Create Kids Club.