

MEAL PLANNING FOR HEALTHY FAMILY HARMONY

Learn my system for ongoing prep and planning to have fresh, healthy meals throughout the week!

BREAKFASTS

*These breakfasts are based on pantry items and household basics to ease integration into a busy week. Weekday recipes take only minutes to prepare. The weekend recipes, while simple and healthy, are a bit more time consuming to cook than the weekday recipes.

PRODUCE

Always include your family's favorites in the fruit bowl and vegetable drawer!

- Fresh fruit of your choice, enough for 1 piece per person every morning**
- Bananas** 4
- Chopped dates** optionals
- Bell pepper** 1 or 1 cup fresh spinach

BAKERY

- Individual Flour Tortillas** 1 per person
- Whole grain bread** 2 per person

DRY GOODS

- Granola/whole grain cookies/breakfast bars** choose a wholesome ingredient list and try to keep added sugars to less than 6 grams
- Rolled oats**
- Raisins**
- Brown rice**
- Steel Cut Oats**
- Baking soda**
- Peanut butter** or almond butter
- Apple cider vinegar** optional
- Chocolate chips** optional
- Mixed dried fruit** such as raisins, golden raisins, chopped dates, chopped figs, chopped apricots
- Honey** optional
- Diced or sliced nuts** almonds or your preference
- Shredded coconut** optional
- Maple syrup** optional
- Vanilla**

DAIRY

- Eggs** 3 recipes
- Milk** or milk alternative, 2 recipes
- Butter** or alternative, 2 recipes
- Cheddar Cheese** 2 recipes
- Plain, unsweetened yogurt**

HERBS & SPICES

- Cinnamon**
- Salt & Pepper**

FROZEN

- Assorted frozen fruit** optional
- Breakfast sausages** (meat or veggie, optional, can be added to almost any breakfast for a bit of protein)

BREAKFAST RECIPES

MONDAY

OVERNIGHT STEEL OAT CUTS

Ingredients:

1 cup Steel Cut Oats
3 cups water

Directions:

Bring water to boil the night before. Add steel cut oats and stir once. Shut off heat. Cover. Perfect oats in the morning!

Optional Toppings"

Raisins
Cinnamon
Diced apples

Diced dates
Shredded coconut
Maple syrup
Breakfast sausages (meat or veggie)

TUESDAY

YOGURT PARFAIT

Ingredients:

1/2 cup per person plain, unsweetened yogurt or plain, unsweetened greek yogurt

1/2 cup per person fresh or frozen fruit of your choice

1/4 cup per person granola or crumbled whole grain cookies or bars

Choose a whole-some ingredient list and try to keep added sugars to less than 6 grams

Directions:

Layer these ingredients once (i.e. fruit, yogurt, granola/crumble) or in a fancy pattern of your choice (i.e. crumble, yogurt, fruit, yogurt, fruit). Can be assembled the night before in individual cups for a fast breakfast!

WEDNESDAY

EGGS ON TOAST

Ingredients:

2 pieces per person Whole grain bread

2 eggs per person

1 tablespoon butter or alternative per person

Directions:

Cook eggs in preferred style. Serve with/on buttered toast and with a piece of fruit.

THURSDAY

MUESLI

Ingredients (serves 4-6, double recipe and store in airtight container for 2-3 weeks)

Ingredients:

2 cups whole grain rolled oats

1 cup mixed dried fruit such as raisins, golden raisins, chopped dates, chopped figs, chopped apricots

1/2 cup diced or sliced nuts such as almonds or pecans

1/4 cup milk (per person, for serving)

Directions:

Mix all dry ingredients. Can be mixed in large quantities in advance and stored in pantry. My favorite combo is oats, black raisins, sliced toasted almonds. Super simple!

Serve with milk.

Can be covered with milk the day before for a mushy oatmeal type cereal or poured with milk and served immediately for a "dry" cereal.

FRIDAY

BROWN RICE PUDDING

Serving: 2

This hearty brown rice pudding has LOTS of raisins to make it sweet, but is otherwise no sugar added! Super yummy and creamy with whole milk. This is an awesome way to use up leftover brown rice... or double your batch earlier in the week with the plan to make this hearty breakfast! You can substitute barley, faro wheat, or steel cut oats as well. Any cooked grain will work in this recipe.

Ingredients:

2 cups cooked brown rice

1 cup whole milk or milk alternative

1/4 cup raisins or more to taste

1 tablespoon cinnamon or to taste

2 tsp vanilla or to taste

1/4 cup chopped dates optional, sweeter and chewier than raisins, can add in addition to or substitute for raisins

Directions:

Combine all ingredients in large pot. Can assemble the night before to save cooking time in the morning. Bring to a boil and simmer until milk is absorbed, 5-10 minutes.

SATURDAY

EGG BURRITOS WITH BELL PEPPER

Servings: 4

Ingredients:

6 Eggs

1/2-1 cups Cheddar Cheese Shredded

1/4 teaspoon Salt

1/4 teaspoon Black Pepper

4 individual Flour Tortillas (8-inch/Med)

1 bell pepper or 1 cup fresh spinach

Directions:

Dice peppers or spinach and mix eggs in a large bowl.

For kids, in a large mixing bowl, puree together eggs and pepper with an immersion blender - this means no chunks, and a fun pink or green colorgreen eggs anyone?

Transfer to a large non stick skillet and scramble over medium heat until cooked (no liquid).

Add cheese, salt and pepper.

Fill each tortilla with 1/2 cup of egg mixture and roll up. Can save in fridge 2-3 days or freeze and reheat (gets a little bit soggy but great for "those days" for breakfast, lunch, or dinner!).

SUNDAY

MONKEY MUFFINS/WAFFLES/PANCAKES

Ingredients:

4 bananas
4 eggs

1 cup peanut butter or almond butter 1 tsp baking soda

1/2 tsp apple cider vinegar (optional, can help make it lighter)

1/2 cup chocolate chips optional, highly recommend for muffins

1/2 tblsp cinnamon optional

2 tblsp honey optional

Directions:

Blend all ingredients until smooth, except chocolate chips. Add chocolate chips if using. Cook on a medium-high pan for pancakes, careful while flipping as they break easily. Or cook at 425 for 10-15 minutes in lined and greased muffin pan to prevent sticking. Or cook in a waffle maker (my favorite!).

This makes about 4 servings. These muffins/waffles/pancakes have little or no added sugar, and are high in protein and fiber. Double or triple the recipe for leftovers for days!

HealthyFamilyHarmony.com

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Alegra Loewenstein, Certified Health Coach

