



# Easy Healthy Family Meals



**BREAKFAST**  
Mandarin  
Overnight Oats

**Meal Prep**  
Breakfast Scramble

**LUNCH**  
Chicken & Apple  
Grilled Cheese

**DINNER**  
Vegetarian Burrito  
Bowls with Quinoa  
Lemon Chicken &  
Veggies Foil Packet  
Dinner

**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 500 recipe ideas on [healthyfamilyproject.com](http://healthyfamilyproject.com) or follow us on Instagram at @Healthy.Family.Project for inspiration.

## SHOPPING LIST



**Bee Sweet  
Citrus® mandarins**

crispygreen



**Crispy Green®  
Crispy Fruit**



**RealSweet®  
sweet onions**

Nature Fresh Farms



**Nature Fresh Farms  
Red Cherry  
on-the-Vine Tomatoes**



**Sage Fruit®  
Fiji apples**



**Pero Family Farms®  
Snipped Green Beans**



**Eat Smart®  
Sweet Kale Salad**

### 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

- Quick oats
- Almond milk
- 1 lb. small yellow potatoes
- 1 avocado
- 1 bunch cilantro
- Whole grain bread
- 8 oz. sliced rotisserie-style chicken breast
- 1 block Cheddar cheese
- 1 microwavable pre-cooked quinoa pouch
- 1 can black beans
- 1 can corn
- 1 head Romaine lettuce
- Guacamole
- 1 lb. chicken tenderloins
- 1 lemon

### PANTRY STAPLES

Vanilla extract, Eggs, Olive oil, Garlic, Butter, Salt, Pepper



## Mandarin Overnight Oats

### INGREDIENTS:

- 3 peeled, segmented **Bee Sweet Citrus®** mandarins, divided
- ¼ tsp. vanilla extract
- 1 cup quick cook oats
- 1 cup almond milk
- 1 Tbsp. slivered almonds (optional)
- 2 pkgs. **Crispy Green®** Strawberry Crispy Fruit

**PREP TIME: 10 minutes**

**REFRIGERATION TIME: 8 hours**

**SERVES: 2**

### DIRECTIONS:

1. Add 2 mandarins and vanilla to blender with a splash of almond milk and blend until smooth.
2. Divide puree evenly between two mason jars. Add ½ cup oats and ½ cup almond milk to each mason jar. Screw on lid and shake to mix well. Refrigerate overnight.
3. Serve topped with mandarin oranges and almonds. Pair with crispy fruit.

### PACK IN THOSE MORNING NUTRIENTS!

Who doesn't love breakfast ready to go in the morning? Given their high content of vitamin C, mandarins strengthen your immune system. Oats are rich in carbs and fiber, but also higher in protein and fat than most other grains.

*Breakfast*



## Meal Prep Breakfast Scramble

### INGREDIENTS:

- 5 large eggs
- 1 tsp. olive oil
- 1/2 lb. small yellow potatoes, diced
- 1/2 large **RealSweet®** sweet onion, diced
- 10 **Nature Fresh Farms** Red Cherry on-the-Vine Tomatoes, halved
- 1 clove garlic, minced
- 1/3 cup shredded Cheddar cheese
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/2 avocado, diced
- Handful cilantro, optional

**PREP TIME: 10 minutes**

**COOK TIME: 20 minutes**

**SERVES: 4**

### DIRECTIONS:

1. Heat skillet over medium heat. Spray with nonstick cooking spray. Whisk eggs and add to pan. Cook 3-5 minutes, stirring occasionally, until eggs are set. Remove from pan and set aside.
2. Return skillet to heat. Add oil, potatoes and onions and cook 10-12 minutes, stirring occasionally, until potatoes are cooked. Add tomatoes and garlic and cook additional 1-2 minutes. Stir in eggs, cheese, salt and pepper to combine.
3. Top with avocado and cilantro.

### A BREAKFAST EVERYONE WILL LOVE!

This breakfast is exploding with flavor and good-for-you ingredients. Did you know tomatoes are a major dietary source of the antioxidant lycopene, which is linked to reducing heart disease and cancer?

# Breakfast



## Chicken & Apple Grilled Cheese

### INGREDIENTS:

- 8 slices whole grain bread
- 4 Tbsp. unsalted butter
- 8 oz. sliced rotisserie-style chicken breast
- 4 slices sharp cheddar cheese
- 1 Sage Fruit® Fiji apple, thinly sliced
- 1 pkg. Eat Smart® Sweet Kale salad

**PREP TIME: 5 minutes**

**COOK TIME: 10 minutes**

**SERVES: 4**

### DIRECTIONS:

1. Heat large skillet over medium-high heat.
2. Butter one side of each slice of bread. Place bread butter-side-down in skillet. Top with chicken, cheese and apples. Top with slice of bread butter-side-up.
3. Cook 2-3 minutes, flip and cook additional 2-3 minutes, or until cheese is melted.
4. Remove from heat and cut in half. Repeat with remaining sandwiches.
5. Serve with prepared salad.

### SWEET AND SAVORY FOR THE WIN!

It's simple, savory and sweet! Apples are high in fiber and water — two qualities that make them filling and kale is a superstar due to the amounts of vitamins A, K, B6 and C, calcium, potassium, copper and manganese it contains.

Lunch



## Vegetarian Burrito Bowls with Quinoa

### INGREDIENTS:

- 1 tsp. olive oil
- 1/2 large **RealSweet**<sup>®</sup> sweet onion, sliced
- 8.5 oz. pkg. microwavable pre-cooked quinoa, cooked according to package directions
- 15 oz. can low sodium black beans, drained, rinsed
- 15 oz. can no-salt-added corn, drained, rinsed
- 12 **Nature Fresh Farms** Red Cherry on-the-Vine Tomatoes, halved
- 1 cup chopped Romaine lettuce
- 1/2 cup guacamole
- Cilantro, optional

**PREP TIME: 10 minutes**

**COOK TIME: 5 minutes**

**SERVES: 4**

### DIRECTIONS:

1. Heat oil in medium skillet over medium heat. Add onion and cook 3-5 minutes, or until translucent.
2. Divide quinoa between 4 serving bowls. Top with black beans, corn, tomatoes, lettuce, onions, guacamole and cilantro.

### GIVE A BOWL A TRY!

Nothing is easier than throwing everything into a bowl. We all need to keep our guts healthy and sweet onions are a major player in gut health. Give quinoa a try. It is a good source of antioxidants and minerals, providing more magnesium, iron, fiber, and zinc than many common grains.



## Lemon Chicken & Veggies Foil Packet Dinner

### INGREDIENTS:

- 1 lb. chicken tenderloins
- 12 oz. **Pero Family Farms**® Snipped Green Beans
- 8 small yellow potatoes, cubed
- 2 tsp. olive oil
- 1 lemon

**PREP TIME: 10 minutes**

**COOK TIME: 25 minutes**

**SERVES: 4**

### DIRECTIONS:

1. Preheat oven to 425°F.
2. Cut 4 large pieces of aluminum foil. Evenly divide chicken, green beans and potatoes between foil. Drizzle with 1/2 tsp. olive oil and season with salt and pepper.
3. Cut lemon in half. Squeeze 1/2 over foil packets. Thinly slice other half and place sliced in packets.
4. Fold sides of foil in and seal tightly. Place onto baking sheet. Bake 20-25 minutes or until the chicken reaches 165°F and potatoes are cooked.

### PACK IT UP AND BAKE.

This five-ingredient dinner will become a family favorite guaranteed. Green beans contain soluble fiber, which helps lower LDL, or so-called “bad cholesterol”, and total cholesterol levels. They also support heart health by lowering blood pressure and reducing inflammation.

Dinner



For a complete breakfast, lunch and dinner meal plan and more recipes, visit [HealthyFamilyProject.com](http://HealthyFamilyProject.com)



Photography provided by Jodi Danen, Healthy Family Project contributor