



Healthy Meal Plan for Families



BREAKFAST

LUNCH

DINNER

Monday

Sheet Pan
Mini Sweet
Peppers & Eggs

Everything Bagel
Cheese Stuffed Mini
Sweet Peppers

Italian Sausage &
Veggie Sheet Pan
Dinner

Tuesday

Broccoli Frittata
Fingers

Rainbow Italian
Pasta Salad

Mandarin Chicken
Stir-Fry with Green
Beans

Wednesday

Fiesta Toast

Mini Sweet
Pepper Pizzas

Chicken Zoodle
Soup

Thursday

Make-Ahead
Breakfast
Burritos

Rainbow
Veggie Wraps

Teriyaki Shrimp
& Veggies

Friday

Sunshine Wrap

Easy Pizza
Pasta Salad

Mini Sweet
Pepper Sheet
Pan Nachos

Grocery LIST

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