



FAMILY MENU BUILDER

5-MIN BREAKFASTS

SIT-DOWN MEALS

GRAB & GO SNACKS

REMINDERS

MON

Blueberry-lemon overnight oats

Chicken-Lentil Dippers & Steamed Broccoli

Popcorn and easy peel oranges.

Double-batch dippers and freeze extra.

TUE

Sunrise Super Smoothie

White Bean Tacos

KIDS CHOICE!

Spatchcock chicken, make patties. Refrigerate.

WED

Sunrise Super Smoothie

Tandoori-Inspired Chicken with Cucumber & Naan

Banana chips & almonds

Pre-cook breakfast patties while chicken roasting. Freeze extras.

THU

Maple-Chicken & Blueberry Breakfast Sandwiches

Pasta Night!

Apple & cheddar 'cracker stackers'

Early dinner! Soccer practice 7pm.

FRI

Maple-Chicken & Blueberry Breakfast Sandwiches

Homemade pizza & raw veggie 'share plate'

Monster Cookie Bites

Double-batch cookie bites for weekend.

SAT

Whole-grain toast with PB, banana & hemp seeds.

Leftover Night!

Monster Cookie Bites

Family meet-up! Plan next week's menu & grocery list.

SUN

Blueberry-lemon overnight oats

Chicken & Wheat Berry Chopped Salad

Chickpea hummus & whole-grain pita.

SELF-CARE SUNDAY!

Aug-Sept Menu Favourites:

- Apples
- Apricots
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumber
- Kale
- Leeks
- Onions
- Peppers
- Potatoes
- Radishes
- Rapini
- Rutabaga
- Shallots
- Spinach
- Squash
- Sweet Potatoes
- Zucchini



CHICKEN & BLUEBERRY PATTIES make an epic back-to-school breakfast. Batch cook, freeze and reheat in 2 mins. Stack and savour, or sandwich for a protein-packed breakfast to go!

Dietitian, Emily Mardell, @GetJoyfull
RECIPE: chicken.ab.ca



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Golden Ginger & Garlic Chicken Soup! One-pot wonders like soups, stews and chilis earn an A+ during the back-to-school season. This recipe is a lunchbox thermos favourite!

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