7 Day Meal Plan - Family Friendly

Dane County EATS Healthy

	Breakfast	Lunch	Dinner	Snack
Monday	 **Strawberry cheesecake overnight oats** Source: Festival Foods recipe festival	 **Grilled chicken pesto with veggies** **Apple; Yogurt flip** Source: Grocery store	 **Black rice power bowl** Source: Forage Kitchen	 **Fruit bar** Source: Grocery store
Tuesday	 **Egg muffins with ham & pepper; Fruit** Source: Festival Foods recipe festival	 **Spiced beef with veggies & rice** **S'mores; Orange** Source: Little John's Kitchens LITTLE JOHN'S	 **Sausage pizza & Garden salad** Source: Kwik Trip KWIK TRIP	 **Fruit & veggy pouch** Source: Grocery store
Wednesday	 **Tropical sunshine smoothie** Source: Festival Foods recipe festival	 **Broccoli cheddar soup** **Chicken caesar salad** Source: Grocery store	 **Tortellini alfredo, leeks, roasted squash** Source: MadCity Chefs MAD CITY CHEFS MEAL KITS	 **Coconut chocolate chip energy bites** Source: Festival Foods recipe festival
Thursday	 **Cereal & milk with sliced banana** Source: Grocery store	 **Sausage pizza (leftover) & fresh fruit** Source: Kwik Trip KWIK TRIP	 **Swedish meatballs & mashed potatoes** **Green beans** Source: Kwik Trip KWIK TRIP TAKE HOME MEALS	 **Frozen berries with cool whip** Source: Grocery store
Friday	 **Apple walnut oatmeal** Source: Grocery store	 **Chicken tikka masala with basmati rice** **Mango lassi** Source: Grocery store	 **2 chicken tenders, apple sauce, milk** Source: Culver's Culver's	 **Vanilla custard with strawberries** Source: Culver's Culver's
Saturday	 **Mashed avacodo toast** Source: ChopChop CHOPCHOP COOKING CLUB	 **Zucchini pizza bites** Source: ChopChop CHOPCHOP COOKING CLUB	 **Garbanzo bonanza salad** Source: ChopChop CHOPCHOP COOKING CLUB	 **Peanut butter granola bars** Source: ChopChop CHOPCHOP COOKING CLUB
Sunday	 **Sweet & spicy breakfast sandwich** Source: Festival Foods recipe festival	 **Cranberry apple chicken salad wrap** Source: Festival Foods recipe festival	 **Roasted tomato, chicken sausage zoodles** Source: Festival Foods recipe festival	 **Coconut chocolate chip energy bites** Source: Festival Foods recipe festival

	PRODUCE	AILES	FROZEN	DAIRY
Grocery List				