

kid-friendly 7 day meal plan

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Day 1:

Breakfast: Whole-grain pancakes with fresh berries and a dollop of yogurt.

Lunch: Turkey and cheese sandwiches with carrot sticks and hummus.

Snack: Apple slices with peanut butter.

Dinner: Baked chicken tenders, mashed potatoes, and steamed broccoli.

Dessert: Fruit salad.

Day 2:

Breakfast: Scrambled eggs with whole-grain toast and orange slices.

Lunch: Grilled cheese sandwiches with tomato soup.

Snack: Celery sticks with cream cheese.

Dinner: Spaghetti with marinara sauce and a side salad.

Dessert: Frozen yogurt with fruit topping.

Day 3:

Breakfast: Greek yogurt with honey and granola.

Lunch: Peanut butter and banana wraps with a side of baby carrots.

Snack: Popcorn with a sprinkle of nutritional yeast.

Dinner: Tacos with ground beef or a meatless alternative, lettuce, cheese, and salsa.

Dessert: Sliced watermelon.

Day 4:

Breakfast: Oatmeal with sliced bananas and a drizzle of maple syrup.

Lunch: Chicken quesadillas with guacamole.

Snack: Mixed fruit cup.

Dinner: Baked fish sticks, sweet potato fries, and peas.

Dessert: Mixed berries with a dollop of whipped cream.

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Day 5:

Breakfast: Smoothies with yogurt, spinach, banana, and frozen berries.

Lunch: Mini meatball subs with a side of cucumber slices.

Snack: Sliced cucumbers with ranch dressing.

Dinner: Homemade pizza with various toppings.

Dessert: Sliced strawberries with a scoop of vanilla ice cream.

Day 6:

Breakfast: Whole-grain waffles with syrup and a fruit salad.

Lunch: Tuna salad sandwiches with cherry tomatoes.

Snack: Sliced bell peppers with hummus.

Dinner: Grilled chicken breast, brown rice, and steamed green beans.

Dessert: Sliced peaches with a sprinkle of cinnamon.

Day 7:

Breakfast: Fruit and yogurt parfaits.

Lunch: Turkey and cheese roll-ups with a side of mixed berries.

Snack: Sliced apples with cheese cubes.

Dinner: Beef or vegetable stir-fry with rice.

Dessert: Frozen banana pops.

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grocery list

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Proteins:

- Chicken tenders
- Turkey slices
- Eggs
- Ground beef or meatless alternative
- Fish sticks
- Tuna
- Cheese (various types)
- Greek yogurt

Grains:

- Whole-grain pancakes or pancake mix
- Whole-grain bread
- Whole-grain waffles
- Whole-grain tortillas
- Oatmeal
- Brown rice
- Whole-grain pasta
- Tortillas or pizza dough
- Whole-grain crackers
- Popcorn
- Granola

Fruits:

- Fresh berries (e.g., strawberries, blueberries, raspberries)
- Oranges
- Apples
- Bananas
- Watermelon
- Sliced peaches
- Mixed fruit (canned or fresh)

Vegetables:

- Carrots
- Celery
- Broccoli
- Tomatoes
- Spinach
- Lettuce
- Cucumber
- Peas
- Green beans
- Mixed salad greens
- Cucumber
- Bell peppers

Dairy and Dairy Alternatives:

- Yogurt
- Milk
- Cream cheese
- Hummus
- Whipped cream
- Frozen yogurt
- Cheese slices
- Nutritional yeast
- Ice cream

Condiments and Sauces:

- Maple syrup
- Peanut butter
- Tomato soup
- Marinara sauce
- Salsa
- Guacamole
- Ranch dressing

Miscellaneous:

- Honey
- Peanut butter
- Frozen fruit (for smoothies)
- Cinnamon
- Canned fruit (if preferred)
- Granola
- Oatmeal

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