

## Family Champions. One Change at a Time.

### 10 No-Recipe Entrees!

Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

**In your cupboard:**

Canned beans: low-fat refried beans, black beans, pinto beans  
 Canned petite diced tomatoes  
 Canned pineapple chunks or tidbits, in its own juice  
 Chili powder or no-sodium chili seasoning packet  
 Instant Brown Rice  
 Whole wheat thin spaghetti  
 Garlic powder or fresh garlic

Canned chopped green chilis

Non-Stick cooking spray

**In your refrigerator:**

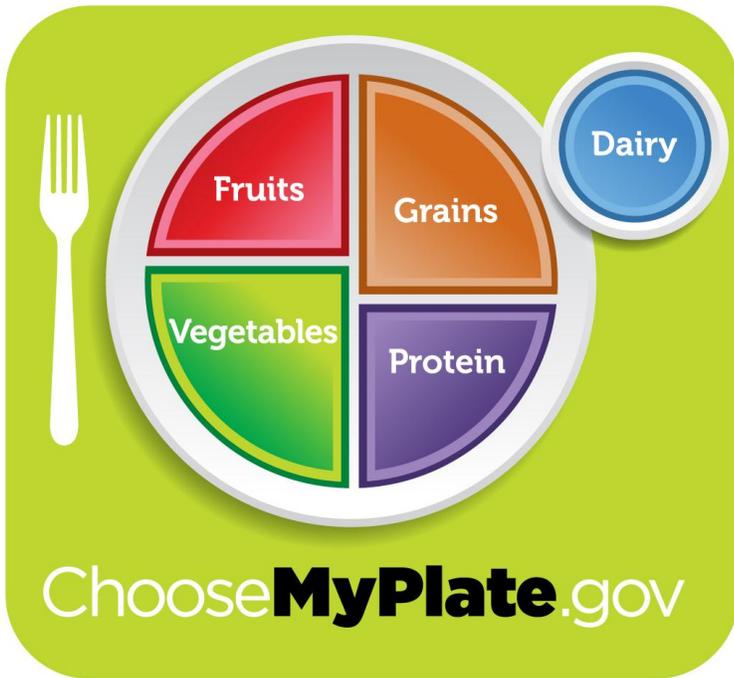
Low-fat or reduced fat cheddar cheese, shredded  
 Part-skim mozzarella cheese, shredded  
 Eggs  
 Light sour cream or plain yogurt  
 Whole wheat or corn tortillas

Low-sodium Teriyaki sauce

**In your freezer:**

Frozen stir-fry vegetables  
 Frozen bell pepper strips  
 Frozen vegetable medley  
 Frozen corn  
 Frozen lean meats, raw (for example, chicken tenders, 95% lean beef, lean pork, or fish)

<p>Meal #1  <b>Bean and Cheese Burritos</b>                      Whole wheat or corn tortillas                      Canned low-fat refried beans                      Chili powder or no-sodium chili seasoning packet                      Low-fat or reduced-fat cheddar cheese, shredded                      Light sour cream or plain yogurt                      Can chopped green chilies</p>	<p>Meal #6  <b>Stir Fry</b>                      Frozen lean meat or cooked egg                      Frozen stir-fry vegetables                      Small canned pineapple chunks or tidbits, in its own juice, drained                      Instant brown rice                      Low-sodium Teriyaki sauce</p>
<p>Meal #2  <b>Black Bean Veggie Fajitas</b>                      Canned black beans                      Frozen bell pepper strips                      Whole wheat or corn tortillas                      Low-fat or reduced-fat cheddar cheese, shredded                      Light sour cream or plain yogurt</p>	<p>Meal #7  <b>Rice &amp; Beans</b>                      Instant brown rice                      Canned black beans                      Canned tomatoes                      Frozen corn                      Part-skim mozzarella cheese, shredded</p>
<p>Meal #3  <b>Pasta</b>                      Whole wheat thin spaghetti                      Canned tomatoes                      Frozen vegetable medley                      Garlic powder or fresh garlic</p>	<p>Meal #8  <b>Mediterranean Chicken</b>                      Frozen chicken breast tenderloins (boneless and skinless)                      Canned tomatoes                      Garlic powder or fresh garlic                      Optional: whole wheat thin spaghetti</p>
<p>Meal #4  <b>Veggie Quesadillas</b>                      Whole wheat tortillas                      Part-skim mozzarella cheese, shredded                      Leftover veggies or cooked frozen bell pepper strips                      Non-stick cooking spray</p>	<p>Meal #9  <b>Veggie Scramble</b>                      Eggs                      Frozen bell pepper strips, cooked and diced                      Low-fat or reduced-fat cheddar cheese, shredded</p>
<p>Meal #5  <b>Taco Soup</b>                      Canned pinto beans, rinsed, plus 1-2 cans water                      Frozen Corn                      Canned tomatoes, undrained                      Can chopped green chilies                      Chili powder or no-sodium chili seasoning packet                      Low-fat or reduced-fat cheddar cheese, shredded</p>	<p>Meal #10  <b>Teriyaki Chicken</b>                      Frozen chicken tenders                      Low-sodium Teriyaki sauce                      Frozen vegetable medley                      Small canned pineapple chunks or tidbits, in its own juice                      Instant brown rice</p>



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### *Key Behaviors for Healthy Families*

- Children thrive when they eat breakfast daily.
- Offer a variety of fresh, frozen, or canned fruits and vegetables at your child's meals and snacks.
- It's important for children to drink low fat milk, or include other low fat dairy products, at meals or snacks.
- Limit the amount of soft drinks or similar sugary beverages your family drinks.
- Make chips, cookies, and candy "sometimes" foods for your family and monitor when children eat these foods.
- Resist the temptation to give candy as a reward for good behavior.
- Encourage children to be physically active every day, and join in with them when you can!
- Share meals together as a family as often as possible, and enjoy each other's company by connecting with each other (and 'disconnecting' the TV during meal time).
- Limit the amount of TV children watch, and limit screen time (TV/games/computer) to less than 2 hours each day.
- Set boundaries like discouraging children watching TV in their bedroom.
- Families should provide opportunities for physical activity through sports or activities with a coach or leader.
- Plan ways to be physically active together as a family.
- Encourage a daily routine for children's bedtime, and aim for your children to sleep 9 hours a night.
- Make fast food meals an occasional outing, not a several-times-a-week routine.



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Thank you for participating in today's **Family Champions** workshop!  
Go to [www.kidseatright.org](http://www.kidseatright.org) for more great recipes, videos, articles, and tips to help parents shop smart, cook healthy, and eat right!

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