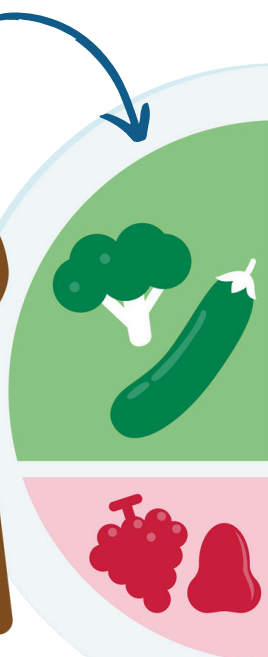


Meal Planning for Back to School!

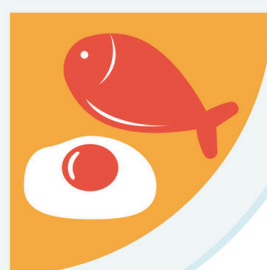
How to create healthy, kid-friendly meals

- Quick and easy meals don't have to come from the freezer or fast food restaurants!
- Research shows that kids are more likely to eat what they help prepare.
- Mix and match ingredients from each food group below to create a fresh and balanced plate for any meal that the whole family will enjoy!

Fruits and veggies
provide fiber,
vitamins and
antioxidants!



Whole grain
provides energy!



Protein builds muscle
and supports the
immune system



**Tip: Beans, nuts
and seeds fit into
all of these groups
and make a great
addition to any
meal or snack!**



Healthy Recipe Formulas

For busy parents and junior chefs!

Balanced Breakfasts



Egg



Cheese



Black Beans



Spinach



Whole Wheat Tortilla



Wrap up for a balanced breakfast burrito on the go!



Oatmeal



Nut butter



Sliced Strawberries



Banana



Prepare in the evening and put in the fridge for fruity overnight oats!

Healthy Packed Lunches



Pita Bread



Hummus



Carrot (shredded)



Cucumber



Pita wrap with hummus and veggies!



Whole Wheat Pasta



Cooked Chopped Chicken



Cucumber



Cherry Tomato



Italian Salad Dressing



Healthy pasta salad!

After School Snacks



Yogurt



Banana



Pineapple



Spinach



Chia Seeds



Filling and healthy smoothie!



English Muffin



Tomato Sauce



Cheese



Turkey Pepperoni



Green Pepper



English muffin pizza! Choose your own toppings and pop in the oven.



Amber Phillips MS, RD

Whether navigating food allergies, improving metabolic health, or supporting major disease states, I strive to see each patient as an individual, helping them learn sustainable nutrition practices to enrich their own health story.

Tip: Cooking with kids involves them in the process and helps to teach healthy nutrition habits! Need inspiration? Try out these healthy recipes together!