Meal Planning Toolkit for Families

Welcome

This Meal Planning Toolkit was created by BetaCarrotTeen Nutrition to support NDTRs in client education. It's filled with practical tools to help families reduce mealtime stress, build healthy habits, and increase engagement in the kitchen.

Why Meal Planning Matters

Meal planning helps families eat better, save money, reduce food waste, and feel more in control during busy weeks. By teaching clients to build a flexible plan, NDTRs can empower them to make sustainable changes without perfection.

Benefits

- [ ] - Saves time
- [ ] - Supports balanced meals
- [ ] - Builds food skills for kids
- [ ] - Reduces decision fatigue

Weekly Meal Plan Template

Use a simple table with days of the week, meals (B/L/D), and snacks. Recommend starting with 2-3 dinners and repeatable breakfast/snack ideas.

Tips:

- [ ] - Pack lunches before dinner
- [ ] - Use leftovers
- [ ] - Batch-prep where possible
- [ ] - Make it a family habit

Grocery List by Food Group

Proteins:	chicken, tofu, beans, eggs, yogurt
Grains:	brown rice, whole wheat bread, oats, pasta
Veggies:	carrots, spinach, bell peppers, frozen broccoli
Fruits:	apples, oranges, berries, bananas
Dairy/Alt:	milk, cheese, fortified plant milks
Pantry:	olive oil, peanut butter, canned goods
Snacks:	trail mix, popcorn, crackers

Quick Meals & Lunchbox Combos

Family Dinners

Lunchbox Ideas

One-pan fajitas + rice + corn	Turkey rollups + fruit +
One-pan fajitas + rice + corn	Pasta salad + edamame + orange
One-pan fajitas + rice + corn	Quesadilla + beans + grapes
One-pan fajitas + rice + corn	Hummus + pita + veggies + cheese
One-pan fajitas + rice + corn	Sandwich kabobs + tomatoes + strawberries

Tips for Success

- [ ] - Batch ingredients weekly
- [ ] - Use themed dinners (Taco Tuesday)
- [ ] - Rotate meals - Let kids help choose or prep
- [ ] - Use fun containers
- [ ] - Focus on consistency, not perfection

Created by BetaCarrotTeen Nutrition
Advancing NDTR careers with confidence, clarity, and credibility.