



7-Day Family Meal Plan

Parent Strategy Guide

✓ Minimal waste

✓ Budget-friendly

✓ Batch-prep system

✓ Picky-eater friendly

Lunch + Dinner Only • 7 Days • Reusable Core Ingredients



The Core Strategy

Reuse Ingredients

- Same proteins across 3–4 meals
- Tortillas used for quesadillas, wraps & pizzas
- Ground beef in sliders, tacos & sheet pan
- Cheese reused across every meal
- Cuts grocery spend significantly

Anchor Foods

- Start from what kids already eat
- Burger → Taco Bowl → Sheet Pan
- Pizza → Flatbread → Naan
- Nuggets → Crispy Wrap → Rice Bowl
- Never remove favorites — evolve them

Quiet Nutrition Wins

- Blend carrots + spinach into marinara
- Add diced peppers inside one quesadilla section
- Use Greek yogurt instead of sour cream
- Frozen broccoli in rice bowls
- Avocado as a topping — feels like a treat



Master Grocery List — Buy Once, Use All Week



Proteins

- Ground beef or turkey (2 lbs)
- Chicken breast or tenders (2 lbs)
- Shredded mozzarella (16 oz)
- Shredded cheddar (8 oz)
- Eggs (1 dozen)
- Greek yogurt



Carbs

- Flour tortillas (large pack)
- Sandwich bread
- Rotini or spaghetti pasta
- White or brown rice
- Pizza dough or naan
- Hawaiian rolls (small)



Vegetables

- Bell peppers (2–3)
- Cucumbers (2)
- Carrots (bag)
- Baby spinach (bag)
- Romaine lettuce
- Frozen broccoli



Fruits & Extras

- Apples, bananas, grapes
- Strawberries
- Marinara sauce (jar)
- Mild salsa
- Potatoes (bag)
- Avocados (3–4)
- Black beans (canned)



7-Day Meal Calendar

MON

LUNCH

Mini
Cheeseburger
Sliders
+ cucumbers +
grapes

DINNER

Chicken
Quesadillas
+ black beans +
salsa

TUE

LUNCH

Pizza Tortillas
+ carrots + apple
slices

DINNER

Beef Taco Bowls
(build-your-own)

WED

LUNCH

Grilled Cheese
+ tomato soup

DINNER

Crispy Chicken
Wraps
+ ranch

THU

LUNCH

Cold Pasta Salad
(Italian dressing)

DINNER

Sheet Pan
Cheeseburger
Potatoes

FRI

LUNCH

Snack Plate
(cheese/turkey/cr
ackers)

DINNER

Build-Your-Own
Naan Pizzas

SAT

LUNCH

Chicken Rice
Bowls
+ avocado

DINNER


Spaghetti +
Hidden
Veggie Marinara

SUN

LUNCH

Breakfast-for-
Lunch
(eggs/toast/fruit)

DINNER

 Family Taco
Night
(build-your-own)



Meal Notes: Monday – Thursday



Mon Lunch: Sliders

- Hawaiian rolls, 2–3 per kid
- Serve deconstructed for picky eaters
- Thin lettuce/tomato — add only if tolerated
- Side: sliced cucumbers + grapes

Mon Dinner: Chicken Quesadillas

- Reuse tortillas + cheese from shopping
- Dice peppers finely, hide in one section
- Side: black beans + mild salsa
- Let kids customize their own half

Tue Lunch: Pizza Tortillas

- Tortilla + marinara + mozzarella
- Bake 8–10 min at 400°F
- Lighter than pizza dough; controls portions
- Side: carrots + apple slices

Tue Dinner: Beef Taco Bowls

- Rice base + seasoned ground beef
- Toppings bar: cheese, lettuce, avocado
- Crushed chips for crunch factor
- Build-your-own format reduces resistance

Wed Lunch: Grilled Cheese + Soup

- Start with mostly cheese, minimal veggies in bread
- Blend 1 carrot into tomato soup — undetectable
- Introduce mild soup slowly over weeks
- Comfort meal — great for resistant days

Wed Dinner: Crispy Chicken Wraps

- Chicken tenders + shredded lettuce + cheese
- Ranch in flour tortilla; familiar flavor
- Bridges nuggets → real wraps gradually
- Can serve open-faced for hesitant eaters

Thu Lunch: Cold Pasta Salad

- Rotini + cheese cubes + cucumbers
- Tiny pepperoni + Italian dressing
- Prep night before — zero morning effort
- Great gateway to pasta salads

Thu Dinner: Cheeseburger Potatoes

- Roasted potato cubes + seasoned ground beef
- Melt cheese over top in final 3 minutes
- Serve pickles on the side (optional)
- Tastes like burger + fries — kids love this



Meal Notes: Friday – Sunday

Fri Lunch: Snack Plate

- Cheese slices + turkey deli meat
- Crackers + cucumber rounds
- Strawberries on side
- Zero cooking required — great low-energy day

Fri Dinner: Naan Pizzas

- Set up toppings bar — everyone builds their own
- Leave spinach, peppers available but not mandatory
- Don't force toppings — just offer exposure
- Great family engagement activity

Sat Lunch: Chicken Rice Bowls

- Use pre-cooked rice from batch prep
- Reuse grilled chicken from earlier in week
- Corn + avocado as optional additions
- Keep components separate if needed

Sat Dinner: Spaghetti

- Blend into marinara: carrots + spinach + peppers
- Blend until smooth — color should stay red/orange
- Serve garlic bread on side
- Use leftover sauce in another meal

Sun Lunch: Breakfast-for-Lunch

- Scrambled eggs + toast + fruit + yogurt
- Use Greek yogurt (higher protein than regular)
- Low prep, well-loved by most kids
- Good reset before taco night

Sun Dinner: Family Taco Night

- Reuse: tortillas, beef/chicken, cheese, lettuce
- Toppings: salsa, beans, avocado, sour cream
- Let everyone assemble their own
- Experiment-friendly: low stakes to try new things



⚡ Weekly Prep System (Cook Once, Eat All Week)



Sunday Prep (45–60 min)

- Cook 2 lbs ground beef/turkey — season half for tacos, half plain
- Grill or bake 2 lbs chicken — slice for wraps, dice for bowls
- Cook large batch of rice (use all week)
- Chop veggies: peppers, cucumbers, carrots
- Shred a block of cheese (fresher, cheaper than pre-shredded)
- Make a batch of pasta salad (Thu lunch ready to go)



Time Saved Per Day

- Mon–Wed: 5–8 min assembly
- Thu–Fri: < 5 min (cold meals)
- Sat: reheat + assemble
- Sun: assembly only

**With prep done → most dinners
take 15–20 min total**



Pro Tip: Don't prep everything perfectly — even prepping proteins alone cuts weeknight stress by 50%



Palate Expansion — The Right Way



The 70/30 Rule

Keep 70–80% of meals familiar.
Only introduce new elements in 20–30%.

This lowers food anxiety while naturally expanding taste preferences over time.

Order of Change (Least → Most Resistance)

1. Change the shape (burger → bowl)
2. Change the texture (wrap vs. nugget)
3. Change the seasoning (mild → flavorful)
4. Change the ingredient (beef → chicken)

Burger Track

► Cheeseburger

2. Burger Bowl/Taco
3. Chicken + Pepper Version
4. Fajita-Style Taco

Pizza Track

► Cheese Pizza

2. Flatbread Pizza
3. Veggie Flatbread
4. Personal Naan Pizzas


Nugget Track

► Chicken Nuggets

2. Crispy Chicken Wraps
3. Grilled Chicken Strips
4. Chicken Rice Bowls



Nutrition Coverage & Hidden Wins

Nutrient	Food Sources in This Plan	Why It Matters
 Protein	Chicken, beef, eggs, Greek yogurt, beans	<i>Muscle growth, satiety, focus</i>
 Calcium	Cheese, Greek yogurt	<i>Bone & teeth development</i>
 Fiber	Beans, fruit, veggies, whole grains	<i>Digestion, steady energy</i>
 Healthy Fats	Avocado, dairy fat	<i>Brain development, absorption</i>
 Iron	Beef, spinach (hidden), beans	<i>Energy, cognitive function</i>
 Vitamin C	Bell peppers, strawberries, tomatoes	<i>Immunity, iron absorption</i>
 Complex Carbs	Rice, potatoes, pasta	<i>Sustained energy for activity</i>



The Long Game

Stick with this plan for 4–6 weeks and you'll see:



**Palate naturally
expands**



**Grocery costs
drop week over week**



**Meals get faster
as routines set in**



**Less dinner
time stress**

Remember: kids resist control more than food. Give them choice within your structure.