KIDS’ MEAL PREP 101

Get creative with these time-saving, fun kids meals – just in time for back to school!

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KIDS’ PREP BASICS

Grab & Go
Pack the kids snacks in a shoe organizer
- Apples, bananas, clementines, oranges, kiwis
- Fruit bowls or Fruit pouches
- Trail mix
- Dippin’ stix celery sticks and peanut butter
- Rice cakes
- Clif Kid-Z bars, Natures Bakery Fig Bars

Eat More Vegetables
- Hide diced onions/peppers in sauces
- Add spinach to a smoothie
  - Chocolate protein powder + banana + fresh spinach + milk
- Bake low sugar pumpkin or zucchini bread
- Mix riced cauliflower into cooked rice or quinoa
- Experiment with sweet potato or cauliflower puree
- Portion out a sauce/dip
  - Ex. Guacamole, low fat ranch, honey mustard, hummus

TIPS

Whole Grains/Starch
- ¼ c to 1 cup
  - Pasta salad
  - Pretzels
  - Quinoa Salad
  - Whole grain crackers
  - Whole grain muffins
  - Whole grain pita
  - Whole grain waffles
  - Whole grain wrap

Protein
- 2-4 oz
  - Chicken salad
  - Deli meat
  - Hardboiled eggs
  - Tacos
  - Bean salad
  - Low fat dairy

Vegetables or Fruit
- ½ cup each
  - Salad w/ vinaigrette
  - Bell pepper slices
  - Cucumbers
  - Fresh salsa
  - Stir fry
  - Carrots
  - Seasonal fruit

Stir fry
Carrots
Seasonal fruit
LUNCH IDEAS

Whole grain frozen waffles with nut butter.
Sides = tangerines, cucumbers, and cheese.

Snack plate of pretzels/nut butter,
cucumbers, tomatoes, and fruit salad.

Whole grain English muffin pizza. Sides =
lima beans (or peas) and grapes.

Leftover cold tacos. Sides = carrot sticks,
blackberries, and raisins.

DINNER IDEAS

TURKEY MEATBALLS & PASTA
Combine 3-5 frozen turkey meatballs, ½ c tomato sauce,
and ½ c whole grain Barilla Ready Pasta.

BANANA QUESADILLA
Combine 1-2 Tbsp peanut butter and 1 sliced banana in
a whole grain tortilla. Microwave 2 minutes.

ENGLISH MUFFIN PIZZA
Halve a whole grain English muffin, top with 2 Tbsp pizza
sauce and 2 Tbsp mozzarella cheese. Bake at 350° for 5-
10 minutes.

QUESADILLA
Combine chicken or black beans, ¼ cup cheese, and 2
tbsp. salsa in a whole grain tortilla. Microwave 2
minutes.