Healthy Family Meal Planning

Top 10 Tips to Get Started

1. **Start Small:** If you’re brand new to meal planning, start by planning two meals a week and work yourself up to three to four meals a week.

2. **Take Stock:** Knowing what ingredients you already have in your pantry can make meal planning so much easier.

3. **Write It Down:** Write your menu down and add notes about what recipes worked best, so you can refer back to it in the future. Check out the sample menu planner on the back of this sheet to get started.

4. **Map Out Your Grocery List:** Make your grocery list based on the layout of your supermarket to save time.

5. **Meal Prep:** Make weeknights easier by prepping items in advance, like cooking grains, baking muffins and chopping fruit for breakfasts.

6. **Cook in Bulk:** Double or triple recipes you know your family loves and freeze for busy weeks when you won’t have time to cook.

7. **Make One Meal:** Avoid becoming a short order cook by making at least one food that everyone in your family likes.

8. **Take a Night Off:** Avoid getting burned out by using leftovers or something from the freezer.

9. **Involve the Kids:** Kids of all ages can help in the kitchen — let them assist you with planning and meal prep.

10. **Plan Theme Nights:** Meatless Monday, Taco Tuesday, Pasta Wednesday... all make dinner fun and easy to plan.

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**Grilled Chicken & Bread Salad**

3 cloves garlic, peeled and minced
1 lb. boneless, skinless chicken breast, pounded flat
¼ cup cold water
4 Tbsp. red wine vinegar, divided
2 tsp. Italian Seasoning herb mix
1 tsp. salt, divided
½ loaf hearty farm bread cut into thick slices
¼ cup extra-virgin olive oil, plus more for oiling grill rack
1 tsp. Dijon mustard
1 large tomato, cut into 1-inch chunks
½ small red onion, thinly sliced
4 oz. Cabot Extra Sharp Cheddar or Cabot White Oak Cheddar, cut into cubes
½ cup pitted calamata olives
½ cup chopped fresh basil

**SERVES 6.** PLACE chicken, ¼ cup water, 3 Tbsp. vinegar, Italian herb mix and ½ tsp. salt into Ziploc bag and mix until chicken is coated. Refrigerate 30 minutes to 3 hours. PREHEAT grill and oil grill racks. Remove chicken from marinade and discard marinade. Grill chicken until no longer pink in the center, 4 to 5 minutes per side. Let rest about 5 minutes before cutting into chunks. GRILL bread while chicken rests, turning often, 2 to 4 minutes per side. Cool slightly and cut into cubes. WHISK the remaining 1 Tbsp. vinegar, ½ tsp. salt, olive oil and mustard in a large mixing bowl. Add the chicken, the bread, tomato, onion, cheddar, olives and basil and toss to coat.

Nutrition: Calories 225, Protein 14.5g, Carb. 16g, Dietary Fiber 2g, Total Fat 11.5g, Sat. Fat 3g, Sodium 519mg

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<th>TUESDAY</th>
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<tbody>
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<td>BREAKFAST</td>
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<tr>
<td>LUNCH</td>
<td>Pepper Jack, Apple &amp; Smoked Turkey Quesadilla</td>
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<td>DINNER</td>
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<td>SNACK</td>
<td>Cabot Sharp Cheddar Cheese Cracker Cuts, sliced apple, and whole grain crackers</td>
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*Adapted from: The Busy Family's Guide to Meal Planning by Jessica Levinson, MS, RDN, CDN, author of 52-Week Meal Planner: The Complete Guide to Planning Menus, Groceries, Recipes, and more. Find out more at JessicaLevinson.com

For these recipes and more, visit cabotcheese.coop/recipes