MEALS TO REMEMBER

Sometimes the hardest part about fixing dinner is figuring out what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Main Dish

(chicken, beef, pork, fish, pasta, beans, etc.)

Side Dishes

(salad, vegetables, fruit, potatoes, rice, etc.)

Did you know that most families eat the same meals over and over? Try something new and add it to the list!

Families Eating Smart AND Moving More

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