



# FeedAFamily

Your Week in Meals

## Welcome To Your FeedAFamily Delivery & Your Week In Meals.

We aim to provide all the ingredients needed to provide 4 servings per meal throughout a five-day period. This being our goal, it is not a guarantee, and you may have to substitute items throughout the menus with items already in your pantry. **Please review all ingredients against the allergies in your family.** The information provided below is a guide to assist your household in managing the food that has been donated to the max extent possible.

**Your Week in Meals:** These meals will make 4 servings, so save your leftovers for another day/meal.

MEAL PATTERN	Day 1	Day 2	Day 3
Dates:			
<b>BREAKFAST:</b>			
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice
Grain/Meat	WG Cereal	Cinnamon Oatmeal	WG Cereal
Extra			
<b>LUNCH/SUPPER:</b>			
	Pasta and Meatballs	Bean and Cheese Quesadilla	Chicken and Broccoli Skillet
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice
Vegetable	Side Salad	Corn	Broccoli
Grain	WG Pasta	Tortilla	Brown Rice
Meat/Meat Alternate	Meatballs	Black Beans/Shredded Cheese	Chicken
Extra	Tomato Sauce	Salsa	Cream of Chicken Soup
<b>SNACK: Select two of the five components</b>			
Milk	Water	Water	Water
Fruit	Apple		
Vegetable		Carrots w/ Ranch	
Grain			WG Crackers
Meat/Meat Alternate	Peanut Butter	Hard Boiled Egg	Cheese Stick
WG = Whole Grain			

**The fruits and snacks in your delivery may differ and are intended to be substituted**



### **Pasta & Meatballs (Serves 4)**

#### INGREDIENTS

- 16 oz of Pasta
- 24 oz Marinara Sauce
- Pre-Cooked Meatballs
- Parmesan Cheese

1. Boil 16 oz spaghetti noodles & drain
2. Heat 24 oz marinara sauce in large sauce pan
3. Heat Meatballs per the package instructions
4. Once heated, mix meatballs into marinara sauce pan on warm heat.
5. Plate with noodles, sauce and meatballs – topped with parmesan cheese and serve.



### **Black Bean and Cheese Quesadillas (Serves 4)**

#### INGREDIENTS

- 2 cans (15 oz) black beans, drained
  - 1 cup salsa
  - 2 cups shredded cheese of choice
  - 8 (8-inch) flour tortillas
1. Mash one can of beans.
  2. Mix in remaining can of beans, salsa.
  3. Spread mixture evenly on 4 tortillas; top with cheese.
  4. Cover with remaining tortillas.
  5. Heat skillet & cook quesadillas 2 minutes.
  6. Cut into wedges & serve with salsa on the side.



## Chicken and Broccoli Skillet (Serves 4)

### INGREDIENTS

- 1 tablespoon butter
- 1 ¼ pounds skinless, boneless chicken breast halves, cut into 1-inch pieces
- 3 cups fresh or frozen broccoli florets
- 1 can Condensed Cream of Chicken Soup or Condensed 98% Fat Free Cream of Chicken Soup
- ½ cup reduced fat (2%) milk
- ½ cup shredded Cheddar cheese

1. Heat the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until well browned, stirring often.

2. Stir the broccoli, soup and milk in the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Sprinkle with the cheese.

3. Serve over rice.



## Meatball Sub (Serves 4)

### INGREDIENTS

- Package of precooked meatballs
- 24 oz Marinara Sauce
- Hoagie Sandwich Bread

1. Heat meatballs per the packaging instructions

2. Heat Marinara Sauce

3. Place heated meatballs into hoagie rolls, spoon sauce over meatballs, add parmesan cheese to taste.



## **Zest Up Those Veggies**

### **Salt + Pepper + Butter**

Any veggie!

### **Garlic + Butter**

Green Beans, Broccoli, Spinach, Zucchini

### **Parmesan Cheese + Lemon Juice**

Green Beans, Broccoli, Cauliflower, Zucchini

### **Chile Flake + Honey + Lemon Juice**

Cauliflower, Broccoli, Spinach

### **Cinnamon + Butter**

Carrots, Sweet Potatoes, Butternut Squash

### **Mrs. Dash**

Any veggies!

### **Cajun Seasoning**

Corn, Zucchini, Spinach



## Figure 1-1. Cup- & Ounce-Equivalents

Within a food group, foods can come in many forms and are not created equal in terms of what counts as a cup or an ounce. Some foods are more concentrated, and some are more airy or contain more water. Cup- and ounce-equivalents identify the amounts of foods from each food group with similar nutritional content. In addition, portion sizes do not always align with one cup-equivalent or one ounce-equivalent. See examples below for variability.

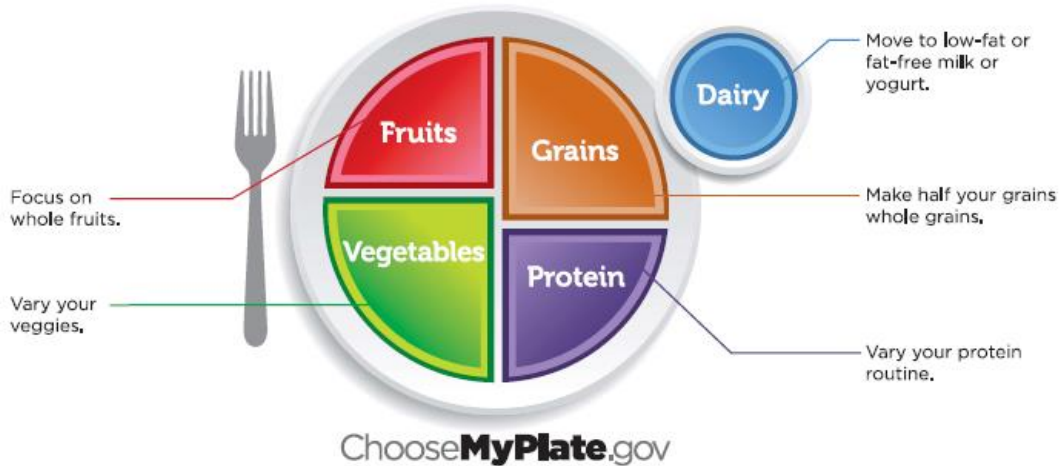
Vegetables 	Fruits 	Grains 	Dairy 	Protein 
 <p>1/2 cup portion of green beans is equal to 1/2 cup-equivalent vegetables</p>	 <p>1/2 cup portion of strawberries is equal to 1/2 cup-equivalent fruit</p>	 <p>1 slice of bread is equal to 1 ounce-equivalent grains</p>	 <p>6 ounce portion of fat-free yogurt is equal to 3/4 cup-equivalent dairy</p>	 <p>1 large egg is equal to 1 ounce-equivalent protein foods</p>  <p>2 tablespoons of peanut butter is equal to 2 ounce-equivalents protein foods</p>
 <p>1 cup portion of raw spinach is equal to 1/2 cup-equivalent vegetables</p>	 <p>3/4 cup portion of 100% orange juice is equal to 3/4 cup-equivalent fruit</p>	 <p>1/2 cup portion of cooked brown rice is equal to 1 ounce-equivalent grains</p>	 <p>1 1/2 ounces portion of cheddar cheese is equal to 1 cup-equivalent dairy</p>	 <p>1 ounce portion of walnuts is equal to 2 ounce-equivalents protein foods</p>
	 <p>1/4 cup portion of raisins is equal to 1/2 cup-equivalent fruit</p>			 <p>1/2 cup portion of black beans is equal to 2 ounce-equivalents protein foods</p>  <p>4 ounce portion of pork is equal to 4 ounce-equivalents protein foods</p>



United States Department of Agriculture

# MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



### Limit

#### Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



### MyWins

#### Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

### Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [SuperTracker.usda.gov](http://SuperTracker.usda.gov) for a personalized plan.

#### 2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

#### 2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

#### 6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

#### 3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

#### 5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg



### Water

#### Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



### Activity

#### Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week

## Shopping List

### Quantity | Item

- 3 Tomato – Roma
- 1 2.25 oz Smidge & Spoon Ground Cinnamon
- 3 Bananas
- 1 3lb Adorbs Easy Peel Mandarins
- 1 20 oz Welch's Concord Grape Jelly
- 1 14 oz Boil-in-Bag Microwaveable Brown Rice
- 1 16 oz Oven Roasted Turkey Breast
- 1 12ct Grade A Large Eggs
- 1 1lb Cut & Peeled Baby Carrots
- 1 16 oz Creamy Ranch Dressing
- 1 8 oz Shredded Mozzarella Cheese
- 1 Boneless & Skinless Chicken Breasts with Rib Meat
- 1 10.5 oz Reduced Sodium Cream of Chicken Soup
- 1 4ct 4 oz Moovelous Salted Butter Sticks
- 1 52 oz Birds Eye Broccoli Florets
- 1 16 oz Traditional Salsa – Mild
- 1 16 oz Mexican Style Blend Shredded Cheese
- 2 1.25 oz Taco Seasoning - Reduced Sodium
- 1 15.25 oz Black Beans No Salt Added
- 1 16 oz Creamy Peanut Butter
- 1 16 oz Round Top 100% Whole Wheat Bread
- 1 1lb Apple - Red Delicious – Small
- 1 Classic Garden Salad
- 2 24 oz Hunt's Garlic & Herb Pasta Sauce
- 1 16 oz Whole Wheat Spaghetti



- 1 Honey Nut Toasted Oats Cereal
- 1 12ct Original Instant Oatmeal
- 1 1 gal 1% Low-fat Milk
- 1 32 oz Meatballs
- 1 17.5 oz Flour Tortillas
- 1 6 ct Center Split Deli Rolls