

5-Day Family Meal Plan

Written for WiN-WiN by Brooke Kuszczak, dietetics student at the University of Kentucky

Day 1: Ground Beef Taco Bowls with Brown Rice and Veggies

Servings: 4

Total Time: 45–50 minutes (10 min prep, 35–40 min cook)

Equipment Needed: Pot with lid (for rice), large skillet, knife, cutting board, can opener, measuring spoons

Ingredients

- 1 pound lean ground beef (90% or higher)
- 1 cup dry brown rice
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1 cup frozen corn
- 1 can (15 ounces) black beans, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika

Directions

1. Wash hands before cooking.
2. In a pot, bring 2 cups of water and brown rice to a boil.
3. Reduce heat to low, cover, and cook for 35–40 minutes until fluffy.
4. While rice cooks, heat olive oil in a skillet over medium heat.
5. Cook onion until soft, then add ground beef and cook thoroughly.
6. Add spices and stir well.
7. Add bell pepper, corn, and black beans. Cook until heated through.
8. Serve beef mixture over brown rice.

Nutrition Information

Each serving provides approximately 529 calories, 17.8 grams of total fat, 5.5 grams of saturated fat, 206 milligrams of sodium, 5.2 grams of dietary fiber, 32.5 grams of protein, and 60 grams of carbohydrates.

Waste Reduction Tip

Save half the cooked rice, ground beef, and extra beans in the refrigerator.

Day 2: Lemon Herb Chicken with Roasted Potatoes and Green Beans

Servings: 4

Total Time: 45 minutes (10 min prep, 35 min cook)

Equipment Needed: Sheet pan, mixing bowl, knife, cutting board, oven, measuring spoons

Ingredients

- 1 pound boneless chicken breasts
- 1 pound baby potatoes, halved
- 1/2 red onion, sliced
- 1 pound green beans
- 2 tablespoons olive oil
- 1 lemon, sliced
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper

Directions

9. Preheat oven to 400°F.
10. Toss potatoes, onion, and green beans with 1 tablespoon olive oil and seasonings.
11. Place chicken on sheet pan with vegetables. Drizzle with remaining olive oil and top chicken with lemon slices.
12. Bake for 35–40 minutes or until chicken is cooked through.

Nutrition Information

Each serving provides approximately 287 calories, 6.5 grams of total fat, 1.2 grams of saturated fat, 57 milligrams of sodium, 2.8 grams of dietary fiber, 27.2 grams of protein, and 30 grams of carbohydrates.

Waste Reduction Tip

Store leftover chicken in the refrigerator.

Day 3: Mediterranean Chickpea Salad

Servings: 4

Total Time: 25–30 minutes (5 min prep, 20–25 min cook)

Equipment Needed: Medium pot (for pasta), skillet or saucepan, spoon, measuring cups, strainer/colander

Ingredients

- 1 can (15 ounces) low-sodium chickpeas, drained and rinsed
- 1/2 cup cooked brown rice (from Day 1)
- 1/2 cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice (from Day 2)
- 1/2 teaspoon dried oregano

Directions

13. Wash hands before preparing food.
14. In a large bowl, combine chickpeas, rice, cucumber, tomatoes, and onion.
15. Add olive oil, lemon juice, and oregano. Stir to combine.
16. Chill in the refrigerator for at least 5 minutes before serving.

Nutrition Information

Each serving provides approximately 291 calories, 5 grams of total fat, 0.8 grams of saturated fat, 115 milligrams of sodium, 4.5 grams of dietary fiber, 9.2 grams of protein, and 52 grams of carbohydrates.

Waste Reduction Tip

Eat leftover salad for lunch the next day. Store remaining cucumbers and cherry tomatoes for snacks.

Day 4: Chicken and Pasta

Servings: 4

Total Time: 25–30 minutes (5 min prep, 20–25 min cook)

Equipment Needed: Medium pot (for pasta), skillet or saucepan, spoon, measuring cups, strainer/colander

Ingredients

- 8 ounces whole wheat pasta
- 1 cup cooked chicken (from Day 2)
- 1/2 cup milk
- 1/4 cup shredded cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper

Directions

17. Bring a pot of water to a boil.
18. Add pasta and cook for 7–8 minutes or until tender. Drain.
19. In a pan, heat a small amount of olive oil over medium heat.
20. Add milk and spices, then stir in chicken.
21. Combine with pasta and top with shredded cheese.

Nutrition Information

Each serving provides approximately 335 calories, 8 grams of total fat, 2.4 grams of saturated fat, 69 milligrams of sodium, 3.5 grams of dietary fiber, 20.8 grams of protein, and 43 grams of carbohydrates.

Waste Reduction Tip

Store extra pasta in the pantry. Remaining milk can be used as a beverage.

Day 5: Veggie, Bean, and Ground Beef Quesadillas

Servings: 4

Total Time: 20–25 minutes (10 min prep, 10–15 min cook)

Equipment Needed: Skillet, spatula, knife, cutting board, measuring cups

Ingredients

- 4 whole wheat tortillas
- 2 cups cooked ground beef (from Day 1)
- 1/2 cup black beans (from Day 1)
- 1/2 cup cherry tomatoes (from Day 3)
- 1/2 cup shredded cheese (from Day 4)
- 1/2 red onion (from Day 3)
- 1 tablespoon olive oil

Directions

22. Heat olive oil in a skillet over medium heat.
23. Place tortillas in the skillet and add beef, beans, tomatoes, onion, and cheese on one side.
24. Fold tortillas in half and cook until golden brown on both sides and cheese is melted.
25. Slice and serve warm.

Nutrition Information

Each serving provides approximately 349 calories, 17.0 grams of total fat, 5.9 grams of saturated fat, 430 milligrams of sodium, 4.8 grams of dietary fiber, 20.4 grams of protein, and 31 grams of carbohydrates.

Waste Reduction Tip

Use remaining tortillas and cheese to make additional quesadillas or freeze tortillas for later.

Grocery List

Produce

- 1 red bell pepper
- 2 medium red onions
- 1 medium lemon
- 1 medium cucumber
- 1 pint cherry tomatoes
- 1/2 pound baby potatoes
- 1 pound fresh green beans

Protein

- 1 pound 90% lean ground beef
- 1 pound boneless, skinless chicken breasts
- 1 can (15 ounces) low-sodium chickpeas
- 1 can (15 ounces) low-sodium black beans

Pantry

- 1 bag (16 ounces) brown rice
- 1 bag (16 ounces) whole wheat pasta
- 1 package (8 count, 8-inch) whole wheat tortillas
- 1 bag (12 ounces) frozen corn

Dairy

- 1 bag (8 ounces) reduced-fat shredded cheddar cheese
- 1 half-gallon low-fat (1%) milk