

5-Day Family Meal Plan

Written for WiN-WiN by Deidra Haskins, dietetics student at the University of Kentucky

Day 1: Grilled Chicken with Quinoa and Steamed Veggies

Servings: 4

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

Equipment Needed: Saucepan with lid (for quinoa), grill pan, steamer basket or large pan with lid, knife, cutting board, measuring spoons

Ingredients

- 4 small chicken breasts (4 oz each)
- 1 cup dry quinoa
- 2 cups broccoli florets
- 2 cups carrots, sliced
- 1/4 teaspoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon olive oil

Directions

1. Wash hands before cooking.
2. Preheat grill pan over medium-high heat (375–450°F).
3. Grill chicken breasts for about 6 minutes per side, until internal temperature reaches 165°F.
4. In a saucepan, bring 2 cups of water and quinoa to a boil. Cover, reduce heat to medium-low, and cook until fluffy (about 15 minutes).
5. Steam broccoli and carrots until tender using a steamer basket or a covered pan with water.
6. Season vegetables with lemon juice, garlic powder, and pepper.

Nutrition Information

Each serving provides approximately 580 calories, 35 grams of protein, 50 grams of carbohydrates, 22 grams of fat, less than 6 grams of sugar, and 520 milligrams of sodium.

Waste Reduction Tip

Store leftover quinoa, chicken, and vegetables in the refrigerator. Uncooked quinoa can be stored in an airtight container in a cool, dry place.

Day 2: Turkey and Sweet Potato Skillet with Spinach

Servings: 4–5

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

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

Ingredients

- 1 pound lean ground turkey
- 2 large sweet potatoes, cubed
- 1 red bell pepper, diced
- 1 medium yellow onion, diced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 2 cups fresh spinach

Directions

1. Wash hands before cooking.
2. Wash and chop all vegetables.
3. Heat olive oil in skillet over medium heat.
4. Add onion, bell pepper, cumin, and paprika. Cook until soft, about 2 minutes.
5. Add turkey and cook until browned, about 5–7 minutes.
6. Stir in sweet potatoes, cover, and cook until tender (12–14 minutes), stirring occasionally.
7. Add spinach and cook until wilted.

Nutrition Information

Each serving provides approximately 600 calories, 30 grams of protein, 45 grams of carbohydrates, 25 grams of fat, less than 5 grams of sugar, and less than 650 milligrams of sodium.

Waste Reduction Tip

Store leftovers in the refrigerator to enjoy later in the week.

Day 3: Salmon Rice Bowls with Avocado

Servings: 4

Total Time: 30–40 minutes (10 min prep, 20–30 min cook)

Equipment Needed: Pot with lid (for rice), skillet, knife, cutting board

Ingredients

- 4 salmon fillets (4 oz each)
- 1.5 cups cooked brown rice
- 1 avocado, sliced
- 1 cucumber, diced
- 1/2 cup shredded carrots
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon lemon or lime juice
- 1/4 teaspoon basil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon parsley
- 1/4 teaspoon black pepper

Directions

1. Wash hands before cooking.
2. Cook brown rice: Bring 3 cups of water to a boil, add rice, reduce heat, cover, and simmer until tender.
3. Season salmon with lemon juice, pepper, basil, garlic, and parsley.
4. Heat sesame oil in skillet over medium heat.
5. Cook salmon for 4–5 minutes per side until cooked through.
6. Assemble bowls with rice, avocado, cucumber, carrots, and salmon. Drizzle with soy sauce.

Nutrition Information

Each serving provides approximately 690 calories, 34 grams of protein, 60 grams of carbohydrates, 27 grams of fat, less than 7 grams of sugar, and less than 700 milligrams of sodium.

Waste Reduction Tip

Refrigerate leftover rice, salmon, and cut vegetables in separate containers.

Day 4: Vegetable Stir-Fry with Tofu

Servings: 4

Total Time: 35 minutes (10 min prep, 25 min cook)

Equipment Needed: Saucepan, skillet, spatula, measuring spoons

Ingredients

- 1 block extra-firm tofu
- 4 cups mixed vegetables (e.g., broccoli, bell pepper, snap peas)
- 2 cups cooked brown rice (from Day 3)
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon ground ginger
- 1 tablespoon sesame oil

Directions

1. Wash hands before cooking.
2. Press excess water from tofu and cut into cubes.
3. Heat sesame oil in skillet over medium-high heat.
4. Add vegetables and stir-fry until tender.
5. Add tofu and cook for 3–5 minutes.
6. Stir in soy sauce and ground ginger.
7. Add cooked rice and combine before serving.

Nutrition Information

Each serving provides approximately 550 calories, 20 grams of protein, 60 grams of carbohydrates, 18 grams of fat, less than 5 grams of sugar, and less than 620 milligrams of sodium.

Waste Reduction Tip

Store leftovers in the refrigerator in airtight containers.

Day 5: Whole Wheat Pasta with Turkey Marinara

Servings: 4–5

Total Time: 30–45 minutes (10 min prep, 20–35 min cook)

Equipment Needed: Medium pot, skillet, spoon, spatula

Ingredients

- 8 ounces whole wheat pasta
- 1/2 pound lean ground turkey
- 2 cups no-sugar-added tomato sauce
- 1 tablespoon basil
- 1 tablespoon oregano
- 1 tablespoon garlic powder
- 1 tablespoon olive oil

Directions

1. Wash hands before cooking.
2. Heat olive oil in skillet over medium heat.
3. Add ground turkey and cook until browned.
4. In a separate pot, bring water to a boil and cook pasta until tender. Drain.
5. Combine turkey, tomato sauce, and seasonings. Simmer for 5–10 minutes.
6. Add cooked pasta and stir well before serving.

Nutrition Information

Each serving provides approximately 650 calories, 32 grams of protein, 65 grams of carbohydrates, 20 grams of fat, less than 7 grams of sugar, and less than 730 milligrams of sodium.

Waste Reduction Tip

Refrigerate leftover pasta for future meals.

Grocery List

Produce

- 2 medium sweet potatoes
- 1 red bell pepper
- 1 medium yellow onion
- 1 avocado
- 1 cucumber
- 1/2 cup shredded carrots
- 1 lime
- 1 lemon
- 1 bunch fresh parsley or small package
- 1 small bunch fresh basil or small package
- 4 cups mixed vegetables (ex: broccoli, bell pepper, snap peas)
- 2 cups fresh spinach

Protein

- 4 small boneless, skinless chicken breasts
- 1 pound lean ground turkey
- 4 salmon fillets (4 ounces each)
- 1 block extra-firm tofu

Pantry

- 1 bag (16 ounces) quinoa
- 1 bag (16 ounces) brown rice
- 1 bag (16 ounces) whole wheat pasta
- 1 jar (at least 2 cups) no-sugar-added tomato sauce
- 1 bottle low-sodium soy sauce

Dairy

- None required