



Playful Parent

MEAL PLANS

Hey John!

Welcome to Playful Parent's Weekly Meal Ideas, crafted just for you and Sarah! By popular demand from amazing parents like you, we've created these ideas to make preparing meals a breeze.

Each week, you'll receive 5 personalized meal ideas tailored to your kids' ages. You can make it even more perfect for your family by [updating your dietary preferences here](#). Our focus is on nutritious, delicious, and easy-to-prepare meals for the whole family. From fun themes to engaging recipes, we're here to make mealtimes more exciting.

If these emails are not relevant or useful for you, you can opt out from receiving them [here](#).

We can't wait to hear what you and your family think! Happy cooking!



Meal Plan for John's Home

Meal 1: Italian Pizza Bagels Adventure (Serves 4)

- Ingredients:** 4 whole wheat bagels, halved, 1 cup marinara sauce, 1 cup shredded mozzarella cheese, 1/2 cup cherry tomatoes, halved, 1/4 cup black olives, sliced, Fresh basil leaves, torn, 1 tablespoon olive oil, Salt and pepper to taste
- How to Prepare:** Preheat your oven to 375°F (190°C). Spread marinara sauce evenly on each bagel half. Top with shredded mozzarella cheese, cherry tomato halves, and black olives. Drizzle with olive oil and season with salt and pepper. Place on a baking sheet and bake for 10 minutes or until cheese is melted and bubbly. Garnish with torn basil leaves before serving. For children under 2, ensure the tomatoes and olives are cut into small, manageable pieces.

- **Prep Time:** 15 minutes
 - **Nutritional Benefit:** High in calcium and fiber, this meal provides a balanced source of protein and vitamins.
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Meal 2: Mexican Fiesta Burrito Bowls (Serves 4)

- **Ingredients:** 1 cup brown rice, 1 cup canned black beans, rinsed, 1/2 cup corn kernels, 1/2 cup diced bell peppers, 1/2 cup salsa, 1/2 cup shredded cheddar cheese, 1 avocado, diced, 1/4 cup fresh cilantro, chopped, 1 lime, sliced, Salt and pepper to taste
 - **How to Prepare:** Cook brown rice according to package instructions. In a bowl, combine cooked rice, black beans, corn kernels, diced bell peppers, and salsa. Mix well and season with salt and pepper. Divide the mixture evenly among four bowls. Top each bowl with shredded cheddar cheese, diced avocado, and fresh cilantro. Serve with lime wedges for a zesty finish. For children under 2, mash the avocado and ensure the corn and bell peppers are cut into small pieces.
 - **Prep Time:** 20 minutes
 - **Nutritional Benefit:** Rich in fiber, protein, and healthy fats, these burrito bowls offer a well-rounded meal packed with essential nutrients.
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Meal 3: Japanese Teriyaki Chicken Skewers (Serves 4)

- **Ingredients:** 2 boneless, skinless chicken breasts, cut into chunks, 1/4 cup low-sodium soy sauce, 1/4 cup pineapple juice, 2 tablespoons honey, 1 tablespoon grated ginger, 1 garlic clove, minced, 1/2 cup bell peppers, diced, 1/2 cup pineapple chunks, Wooden skewers, 1 tablespoon sesame seeds
 - **How to Prepare:** In a bowl, combine soy sauce, pineapple juice, honey, grated ginger, and minced garlic to create the marinade. Add chicken chunks and allow to marinate for at least 10 minutes. Thread chicken, bell peppers, and pineapple chunks onto wooden skewers. Grill on medium heat for about 10 minutes, turning occasionally, until chicken is cooked through. Sprinkle with sesame seeds before serving. For children under 2, cut chicken, bell peppers, and pineapple into smaller pieces.
 - **Prep Time:** 20 minutes
 - **Nutritional Benefit:** High in lean protein and vitamins, this meal offers delicious flavors with nutritious benefits.
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Meal 4: Greek Tzatziki Chicken Wraps (Serves 4)

- **Ingredients:** 4 whole wheat tortillas, 2 boneless, skinless chicken breasts, cooked and sliced, 1 cucumber, grated, 1 cup plain Greek yogurt, 2 garlic cloves, minced, 1 tablespoon lemon juice, 1/2 cup cherry tomatoes, halved, 1/4 cup diced red onion, 1/4 cup crumbled feta cheese (optional), Fresh dill, chopped, Salt and pepper to taste
 - **How to Prepare:** In a bowl, combine grated cucumber, Greek yogurt, minced garlic, lemon juice, salt, and pepper to make tzatziki sauce. Lay out tortillas and evenly distribute slices of cooked chicken. Top with cherry tomatoes, diced red onion, and crumbled feta cheese (optional). Drizzle with tzatziki sauce and sprinkle with chopped dill. Roll up each tortilla tightly. For children under 2, dice the chicken and vegetables into smaller, bite-sized pieces.
 - **Prep Time:** 10 minutes
 - **Nutritional Benefit:** High in protein and calcium, this wrap provides healthy fats and essential vitamins for a nutritious meal.
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Meal 5: Indian Spiced Veggie Rice Pilaf (Serves 4)

- **Ingredients:** 1 cup basmati rice, 1 cup mixed vegetables (carrots, peas, green beans), diced, 1/2 cup chickpeas, rinsed, 1 small onion, finely chopped, 2 garlic cloves, minced, 1 tablespoon curry powder, 1 teaspoon turmeric, 1 tablespoon olive oil, Fresh cilantro, chopped, Salt and pepper to taste
- **How to Prepare:** Cook basmati rice according to package instructions. In a pan, heat olive oil over medium heat. Sauté finely chopped onion and minced garlic for 2 minutes. Add diced mixed vegetables and chickpeas. Season with curry powder, turmeric, salt, and pepper. Cook for another 5 minutes until vegetables are tender. Stir in the cooked rice and mix well. Garnish with fresh cilantro before serving. For children under 2, ensure vegetables are diced into small, manageable pieces.
- **Prep Time:** 20 minutes
- **Nutritional Benefit:** Rich in fiber, protein, and essential vitamins, this pilaf offers a blend of nutrients with aromatic spices.

What did you think of this week's meal ideas?

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Amazing

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Ok

😞

Needs improvement

Enjoy your meals and have a wonderful week with the kiddos!



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