



Help yourself find balanced meal options and plan your meals in advance

1. Look for nutritious ingredients that your family loves - leafy greens, potatoes (filling), whole grain pasta, whole grain bread, pita bread or flatbread (for wraps), lean meats, if you are not a vegetarian.
2. Make a list and go shopping (preferably on the weekend).
3. Get the ingredients you need to create simple meals for the week, but also consider getting store bought meal solutions like Morningstar Farms® Veggie Bowls.
4. Stock up on Morningstar Farms® Veggie Bowls, if you like them!
5. Other recipe ideas - green salad, pasta, pizza, sandwiches/ wraps, stir fry, soup that could be made in advance, muffins. (<http://cookingisl.com/recipes/>)

Stick to your plan !