



One way to keep family mealtime engaging and fresh is to have a couple themes each week to base your meals off of. Try some of the following and get your kids involved with the planning. You will be amazed at what recipes you get to try!

Theme Nights:

- Breakfast for Dinner
 - Omelets, pjs, and smoothies
- Saturday Stir fry
 - Try a new Stir Fry every Saturday!
- Taco Tuesday
 - New Tacos every Tuesday
- Meatless Monday
 - Try out some new 'veggieful' recipes
- When in Rome
 - Try out a new Italian recipe once a week

Theme Days:

- Parks and picnics
 - Have a picnic at the park once a week (if its too cold or hot, bring the picnic into your own living room!)
- Book/Movie theme
 - Choose a book your kids have been interested in and use it as a guide for your menu
- Sandwich Situations
 - Go above and beyond your classic PB & J, time to try out some new combos between slices of bread.

Theme Mornings:

- Dinner for breakfast
 - Go ahead and be brave, try some homemade pizza for breakfast!
- Smoothie Sunday
 - Try a new smoothie every Sunday
- Oatmeal Extravaganza
 - Take oatmeal to another level with a whole buffet of toppings
- Fruit Bar
 - Start with a bowl of fruit and get creative with things such as coconut, yogurt, granola, you name it!