

# Plan, Shop, Fix, and Eat



## 1. Plan

Plan meals for your family for a week, two weeks, or longer—whatever works for you.



## 2. Shop

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



## 3. Fix

Stick to your menu plan for your meals. Make simple healthy meals for your family.



## 4. Eat

Eat together as a family without the TV.

# EATING AT HOME = EATING HEALTHY



# Quinoa Salad

Makes 10 servings | Serving Size: 1 cup



 **Hint:** This would make a great meatless dish since quinoa provides a high amount of protein. When cooked, quinoa has a crunchy, nutty flavor.

## Ingredients

- 1½ cups quinoa
- 1/4 teaspoon salt
- 3½ cups water
- Dash cayenne pepper
- 1 cup celery, diced
- 1/2 cup mixed dried fruit, diced
- 1 tablespoon olive or canola oil
- 1 tablespoon white vinegar
- 2 tablespoons lemon juice
- 3/4 cup pecans, chopped

## Directions

1. Place quinoa, salt, and water in a saucepan and bring to a boil.
2. Reduce heat to medium-low, cover, and simmer until quinoa is tender, approximately 20–25 minutes. Remove from heat, scrape into large bowl.
3. Stir in all remaining ingredients except pecans.
4. Cover and chill for at least 30 minutes.
5. Stir in pecans prior to serving.

## Nutrition information Per Serving

165 calories	Protein	5 g	Dietary Fiber	3 g
Total Fat	Total Carbohydrate	19 g	Sodium	75 mg
Saturated Fat				

## MOVE MORE



## Make Up a Story and Act It Out

Allow each family member to make up a story. As they tell the story, everyone acts it out. You can pretend you are going to the beach, hiking up a mountain, or anything else you can dream up!