

Shape Your Future

HEALTHY DINNER

Meal Planning Jar

What's for dinner? Let the jar decide! This creative idea makes meal planning easy and fun. Simply jot down recipe names on popsicle sticks, place them in a jar and pick a few out each week! It's a great way to get your kids involved in the decision-making process. By letting them pull the sticks out, they'll be more excited come dinnertime! Also, make sure you use our grocery store list and meal planner when you're prepping your meals for the week.

YOU WILL NEED

- Popsicle sticks
- Markers
- Fun tape or ribbons
- Cup or jar

1 POT LEMON HERB CHICKEN

TURKEY & CHEESE SUSHI

CHICKEN TORTILLA SOUP

BURRITO BOATS

DIRECTIONS

1. Visit the recipes page at ShapeYourFutureOK.com.
2. Choose a variety of tasty dinner recipes, and write each recipe name on the popsicle sticks.
3. Use tape/ribbon/markers to color-code your sticks into different categories, like "**Chicken Recipes**," "**Crockpot Meals**," "**20-Minute Meals**," "**Kid-Friendly Meals**," and more!
4. At the beginning of each week, pull out 7 random sticks. That's what you're having for dinner that week! Only plan on making dinner 4 or 5 nights during the week? Just pull out 4 or 5 sticks!
5. To make meal prep even easier, purchase all the ingredients you'll need for the week at the same time.
6. Cook. Eat. Enjoy!



For some extra fun and flavor, add a few healthy dessert recipes or a stick that says,

TRY A NEW FRUIT/VEGGIE

Keep some blank sticks handy in case you want to add more recipes later, too!