

FIT MAMA
series

Balanced
Meal Planning
Made Easy

INCLUDED IN THIS PACK:

Healthy Meal Ideas for Breakfast, Lunch, Dinner and Snacks

3 Blank Monthly and Weekly Meal Planning Calendars

4 Sample Week Calendars filled with the Basics

Designed by Carisa Smith at www.MessestoMemories.com

Healthy Meal Ideas for Breakfast, Lunch, Dinner and Snacks

2 Ways to Use the Healthy Meals list:

1. Use these Healthy Meal lists to plug into the Blank Monthly or weekly Calendars
2. Use the snack ideas to supplement the sample menu calendars



HEALTHY MEALS

February

Breakfast

Chunky Monkey Pancakes**
Oatmeal
Blueberry Muffins** and Yogurt
Cinnamon Quick Bread**
Granola**
Cheerios with Bananas
Eggs with Cheese and Veggies**
Banana Nut Muffins**
Smoothie
Waffles

Lunch

Pizza Quesadilla
Peanut Butter and Jelly Sandwich
Grilled Ham & Cheese
Peanut Butter Banana Roll
Cheesy Quesadilla
Turkey Rolls
Smoothies
Dinner Leftovers
Pair with fruits or veggies

Snacks

Cheese Sticks
Handful of Plain Popcorn
Apples & Peanut Butter
Almond Coconut Energy Bites**
Green Smoothie
Crackers & Hummus
Berries and Nuts
Yogurt
Fruit Bowl
Pretzels
Cherry Tomatoes
Bell Peppers & Dip
Dried Fruit
Leftover waffles
Leftover pancakes
Muffins

Notes: You can pick and choose from these lists to fill in your weekly/monthly calendars.
Anything with ** has a link!

HEALTHY MEALS

February

Dinner

Sweet & Sour Chicken**

One Pot Beef Stroganoff**

Split Pea Soup**

BBQ Pork Sandwiches**

Cheesy Mexican Crockpot Chicken and Rice**

Creamy Avocado Pasta**

Greek Style Chicken Tacos**

Pizza**

Chipotle Chocolate Chili**

Spaghetti Casserole**

Cowboy Casserole**

Chicken Pot Pie***

Mexican Haystacks**

Crockpot Tortellini Soup***

Greek Yogurt Chicken Salad**

Hot & Healthy Quinoa Wraps**

General Taos Chicken**

Classic Lasagna**

Caribbean Pork Chops**

Potato Chowder**

Sloppy Joes**

Italian Cream Cheese Chicken**

Easy Chicken Fajitas**

Caesar Green Beans**

Strawberry Coconut Salad**

Real Honey Vinaigrette for Salads***

Notes: You can pick and choose from these lists to fill in your weekly/monthly calendars. Anything with ** has a link with a recipe!! If there are *** search on Messes to Memories. Pair dinner ideas with salads, fruit bowls, veggies and stir fries to make them balanced! Happy Meal Planning!

February Meal Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Weekly Menu

Breakfast

SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

Snack

Lunch

Snack

Dinner

Weekly Menu

Breakfast

SUNDAY							SATURDAY
MONDAY							FRIDAY
TUESDAY							THURSDAY
WEDNESDAY							WEDNESDAY

Lunch

Snack

Dinner

Weekly Menu Week 1

Breakfast

SUNDAY	Oatmeal	MONDAY	Banana Nut Muffins	TUESDAY	Smoothie	WEDNESDAY	Eggs with Cheese	THURSDAY	Banana Nut Muffins	FRIDAY	Cheerios with Bananas	SATURDAY	Chunky Monkey Pancakes
--------	---------	--------	--------------------	---------	----------	-----------	------------------	----------	--------------------	--------	-----------------------	----------	------------------------

Lunch

Turkey Rolls	Pizza Quesadilla	Ham & Cheese	PB & J	Smoothies	PB & Banana Roll	Cheesy Quesadilla
--------------	------------------	--------------	--------	-----------	------------------	-------------------

Snack

Yogurt Fruit Bowl	Cheese Sticks Apples	Banana Nut Muffins	Yogurt Fruit Bowl	Crackers & Hummus	Banana Nut Muffins	Smoothies
-------------------	----------------------	--------------------	-------------------	-------------------	--------------------	-----------

Dinner

Sweet & Sour Chicken	One Pot Beef Stroganoff	Split Pea Soup	BBQ Pork Sandwiches	Mexican Crockpot Chicken and Rice	Leftovers	Avocado Pasta
----------------------	-------------------------	----------------	---------------------	-----------------------------------	-----------	---------------

Weekly Menu Week 2

Breakfast

SUNDAY	Oatmeal	MONDAY	Cinnamon Quick Bread	TUESDAY	Smoothie	WEDNESDAY	Eggs with Veggies	THURSDAY	Cinnamon Quick Bread	FRIDAY	Cheerios with Bananas	SATURDAY	Waffles
--------	---------	--------	----------------------	---------	----------	-----------	-------------------	----------	----------------------	--------	-----------------------	----------	---------

Lunch

Turkey Rolls	Pizza Quesadilla	Ham & Cheese	PB & J	Smoothies	PB & Banana Roll	Cheesy Quesadilla
--------------	------------------	--------------	--------	-----------	------------------	-------------------

Snack

Yogurt Fruit Bowl	Cheese Sticks Apples	Cinnamon Quick Bread	Yogurt Fruit Bowl	Pretzels & Dip	Cinnamon Quick Bread	Smoothies
-------------------	----------------------	----------------------	-------------------	----------------	----------------------	-----------

Dinner

Greek Style Chicken Tacos	Pizza	Chipotle Choco Chili	Spaghetti Casserole	Cowboy Casserole	Leftovers	Valentine's
---------------------------	-------	----------------------	---------------------	------------------	-----------	-------------

Weekly Menu Week 3

Breakfast

SUNDAY	Oatmeal	MONDAY	Blueberry Muffins	TUESDAY	Smoothie	WEDNESDAY	Eggs with Veggies	THURSDAY	Blueberry Muffins	FRIDAY	Cheerios with Bananas	SATURDAY	Chunky Monkey Pancakes
--------	---------	--------	-------------------	---------	----------	-----------	-------------------	----------	-------------------	--------	-----------------------	----------	------------------------

Lunch

Turkey Rolls	Pizza Quesadilla	Ham & Cheese	PB & J	Smoothies	PB & Banana Roll	Cheesy Quesadilla
--------------	------------------	--------------	--------	-----------	------------------	-------------------

Snack

Yogurt Fruit Bowl	Cheese Sticks Apples	Blueberry Muffins	Yogurt Fruit Bowl	Almond Coco Energy Bites	Blueberry Muffins	Smoothies
-------------------	----------------------	-------------------	-------------------	--------------------------	-------------------	-----------

Dinner

Chicken Pot Pie	Mexican Haystacks	Crockpot Tortellini Soup	Greek Yogurt Chicken Salad	Hot & Healthy Quinoa Wraps	Leftovers	General Taos Chicken
-----------------	-------------------	--------------------------	----------------------------	----------------------------	-----------	----------------------

Weekly Menu Week 4

Breakfast

SUNDAY	Oatmeal	MONDAY	Granola	TUESDAY	Smoothie	WEDNESDAY	Eggs with Veggies	THURSDAY	Granola	FRIDAY	Cheerios with Bananas	SATURDAY	Waffles
--------	---------	--------	---------	---------	----------	-----------	-------------------	----------	---------	--------	-----------------------	----------	---------

Lunch

Turkey Rolls	Pizza Quesadilla	Ham & Cheese	PB & J	Smoothies	PB & Banana Roll	Cheesy Quesadilla
--------------	------------------	--------------	--------	-----------	------------------	-------------------

Snack

Yogurt Fruit Bowl	Cheese Sticks Apples	Almond Coco Energy Bites	Yogurt Fruit Bowl	Pretzels & Dip	Almond Coco Energy Bites	Smoothies
-------------------	----------------------	--------------------------	-------------------	----------------	--------------------------	-----------

Dinner

Classic Lasagna	Caribbean Pork Chops	Potato Chowder	Sloppy Joes	Italian Cream Cheese Chicken	Leftovers	Easy Chicken Fajitas
-----------------	----------------------	----------------	-------------	------------------------------	-----------	----------------------