

MEAL PLAN SHOPPING LIST:

Simple Lunchtime Meals

Try out these easy-to-make exciting twists on sandwiches for your kids that are full of color and flavor!

Fresh Produce

- 1 onion
- 1 red bell pepper
- 1 green bell pepper
- 2 small tomatoes
- 1 cucumber
- 2 avocados
- 2 apples
- 1 banana
- 1 peach

Liquid Goods

- $\frac{1}{2}$ cup hummus
- $\frac{2}{3}$ tablespoon lemon juice

Dry Goods

- 8 whole wheat pita breads
- $\frac{1}{4}$ cup reduced fat chunky peanut butter
- 1 can sliced black olives

Meat or Substitutes

- $\frac{1}{3}$ pound turkey strips

Dairy

- $\frac{1}{3}$ cup lowfat plain yogurt (optional)

Pantry Staples

- $\frac{2}{3}$ tablespoon vegetable oil



Apple Turkey Gyro

A healthy twist on a classic Greek dish.

Serves 4

Ready in 25 minutes

** On EatFresh.org, this recipe serves six by default. It's been doubled here, to be consistent with the other recipes in this meal plan.*

Ingredients

- $\frac{2}{3}$ cup onion, *sliced*
- $\frac{2}{3}$ tablespoon lemon juice
- $1\frac{1}{3}$ cup red bell pepper, *sliced*
- $1\frac{1}{3}$ cup green bell pepper, *sliced*
- $\frac{2}{3}$ tablespoon vegetable oil
- $\frac{1}{3}$ pound turkey strips, *cut into thin strips*
- $\frac{2}{3}$ medium apple, *cored and sliced*
- 4 whole wheat pitas, *lightly toasted*
- $\frac{1}{3}$ cup lowfat plain yogurt (optional)

Meal Plan Tip: You'll have extra veggies after you make this recipe. Add them to cooked brown rice or quinoa to make a quick and nutritious grain salad.

Directions

1. In a nonstick skillet, sauté onion, lemon juice, and bell peppers in oil until crisp-tender.
2. Stir in turkey and cook until turkey is fully cooked. Remove from heat and stir in apple.
3. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

Nutrition Information *per serving* ($\frac{1}{4}$ of prepared meal): Calories 215, Total Fat 4g, Saturated Fat 1g, Carbohydrate 33g, Dietary Fiber 5g, Protein 14g, Sodium 259mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

For more meal plans and recipes, visit eatfresh.org

Peachy Peanut Butter Pita Pockets

A new way to enjoy the creamy taste of peanut butter. Throw in some fruit for an extra crunch. You can also try these pitas with other fruits such as nectarines, grapes, strawberries, or kiwifruit.

Serves 4

Ready in 10 minutes

Ingredients

- 2 whole wheat pita
- $\frac{1}{4}$ cup reduced fat chunky peanut butter
- $\frac{1}{2}$ apple
- 1 banana
- $\frac{1}{2}$ peach

Meal Plan Tips: You can also use other fruits that you have on hand. Add the remaining $\frac{1}{2}$ apple and peach to your oatmeal the next morning!

Directions

1. Cut pitas in half to make a pocket for each serving and warm in the microwave for about 10 seconds to make them softer.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside.
3. Fill with a combination of apple, banana, and peach slices. Serve.

Nutrition Information per serving ($\frac{1}{4}$ of prepared meal): Calories 228, Total Fat 9.3g, Saturated Fat 1.4g, Carbohydrate 31g, Dietary Fiber 4.7g, Protein 7.5g, Sodium 247mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

For more meal plans and recipes, visit eatfresh.org

Hummus & Veggie Pita Sandwich

Cut avocado in half through the stem end. Use a spoon to scoop out the seed. Then slip spoon close to the skin and scoop out the soft avocado.

Serves 4

Ready in 5 minutes

** On EatFresh.org, this recipe serves six by default. It's been doubled here, to be consistent with the other recipes in this meal plan.*

Ingredients

- ½ cup hummus
- 2 avocados, *peeled, seeded, and chopped*
- 1 cucumber, *peeled and chopped*
- 2 small tomatoes, *chopped*
- 4 tablespoons canned, sliced black olives
- 2 whole wheat pita

Meal Plan Tip: Pita can be frozen. To bring thawed or slightly stale bread products back to life, wrap in a damp (not soaking) towel, place on a baking sheet, and cook at 350°F for 5-10 minutes (or wrap and microwave on high for 10 seconds).

Directions

1. Cut each pita bread in half, making two half circles.
2. Open one pita pocket half and spread 2 tablespoons of hummus inside.
3. Put avocado, cucumber, tomato, and olives inside pita pocket.
4. Repeat with the other pita pocket half. Enjoy with a friend!

Nutrition Information *per serving (¼ of prepared meal)*: Calories 200, Total Fat 14g, Saturated Fat 2g, Carbohydrate 24g, Dietary Fiber 8g, Protein 6g, Sodium 190mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)