

# Planning for Family Dinners

## Make mealtime fun, healthy, and easy



Pleasant family dinners are a good way to share values and help kids bond with family. A little advanced planning will make dinner time easy. Fill out this menu with favorite, brain-healthy meals and repeat them every 30 days. Pre-teach table manners and make mealtime pleasant by complimenting those who use them; don't allow criticism at the dinner table. Use a Conversation Jar, and share kind deeds you've done.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____
Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____	Veg _____ Fruit _____ Grain _____ Protein _____ Cook _____ Helper _____ Dishes _____

### FOODS THAT PROMOTE BRAIN HEALTH

This list of food will help your family have healthy bodies and brain. Watch out for common food allergies, such as eggs, dairy, gluten, nuts, etc. The brain must have healthy, nutritious food with plenty of vitamins, minerals, and micro-nutrients found in whole foods to operate properly. Plus, there are millions of microbes in our guts that help us process food. They need good nutrition to survive.

- Eat whole grains, not refined flours
- Eat leafy green vegetables every day
- Use frozen vegetables, if fresh is too expensive
- Eat fresh fruit every day (oranges, apples, bananas, blueberries, etc.)
- Eat low-fat cottage cheese as a good source of protein
- Eat eggs often (good for all meals)
- Eat all kinds of beans (dry is cheaper)
- Eat fish weekly (tuna is cheap) or take fish oil capsules
- Drink water or fat-free milk, not soda
- Use healthy spices: cinnamon, curry, garlic, sage, and turmeric
- Eat all kinds of nuts
- Eat red or white potatoes with the skins on, or sweet potatoes