

Family Meal Ideas

Easy Ideas Everyone Will Enjoy

Make Your Own

This theme is one of the easiest. You provide the prepared ingredients for a dish and everyone at the table builds their own! Provide a few protein, grain, sauce, and vegetable choices for each of these meals, and place all in bowls on the table. Then watch everyone's creations come to life. This is a great ice breaker, too!

- Burritos
- Salad
- Chili
- Baked Potato
- Pasta
- Fajitas

The Baked Dinner

A time pressed cook always loves the baked dinner. What is a baked dinner? Well, it is very simple! You put all items in the oven to bake simultaneously so you do not have to stand over the stove. Bake a chicken, potato, and root vegetables simultaneously. Lasagna always makes a great baked meal. Baked fish can cook alongside rice pilaf and cauliflower, tomatoes, or summer squash.

Make Ahead

Many meals can be cooked ahead of time, chilled, and then reheated and served at the last minute. Here are some of our favorites:

- Cooked pasta and your favorite sauce
- Chicken, rice, and veggie stir fry
- Tacos with beans, rice, and salsa

Soup

Make soup together! Everyone adds one ingredient to make a family soup. You can make it on the stove or in an InstantPot.

The Hybrid Meal

The hybrid meal is one part prepared item and one part home made item. If you are really busy you can take the easy way out with frozen entrees. Use the nutrition facts label to pick ones that are lower in fat and sodium. Pair with a salad or steamed veggies. Add a fruit for dessert.

Or use a meal delivery service app like GrubHub to buy a healthy meal and have it delivered right after you get home from work.