Back to School

&

Back in the Kitchen

DISCLOUSRE

GOALS

1. Why dinner time matters
2. Do your homework!
   (planning & organizing)
3. Menu planning & recipe ideas
4. Pitfalls and common problems
5. Questions & Conversation

STUPID TELEMARKETERS... I HATE WHEN THEY INTERRUPT OUR FAMILY DINNER.

Why do they want dinner every single night?

yourecards
someecards.com

Ball
Ball

Weekly
Meal
Plan

SHOPPING LIST AND MENU PLANNING

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

CANNED FOODS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BEANS & GRAINS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

CHILLED & FROZEN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BULK & MISC.

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

BREAKFASTS:

LUNCHES:

PASTA

SOUP/STEW
(ONE POT MEAL)

(RICE) BOWLS

“BAR”

STIR FRY

BE CREATIVE
ASK FOR IDEAS
KEEP IT SIMPLE
EXPERIMENT

- What can I prep ahead of time?
- What can I make ahead of time?
- What can I make extra of for leftovers?
- What can I freeze?
- What day will I have extra time to try a new recipe?
- What day(s) will I likely need a break???

SHOPPING LIST AND MENU PLANNING

PRODUCE

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

CANNED FOODS

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

BEANS & GRAINS

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

CHILLED & FROZEN

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

BULK & MISC.

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

MONDAY: brown rice pasta with marinara sauce, salad

TUESDAY: quinoa bowls with black beans, kale, & roasted veggies

WEDNESDAY: burritos

THURSDAY: tofu stir fry

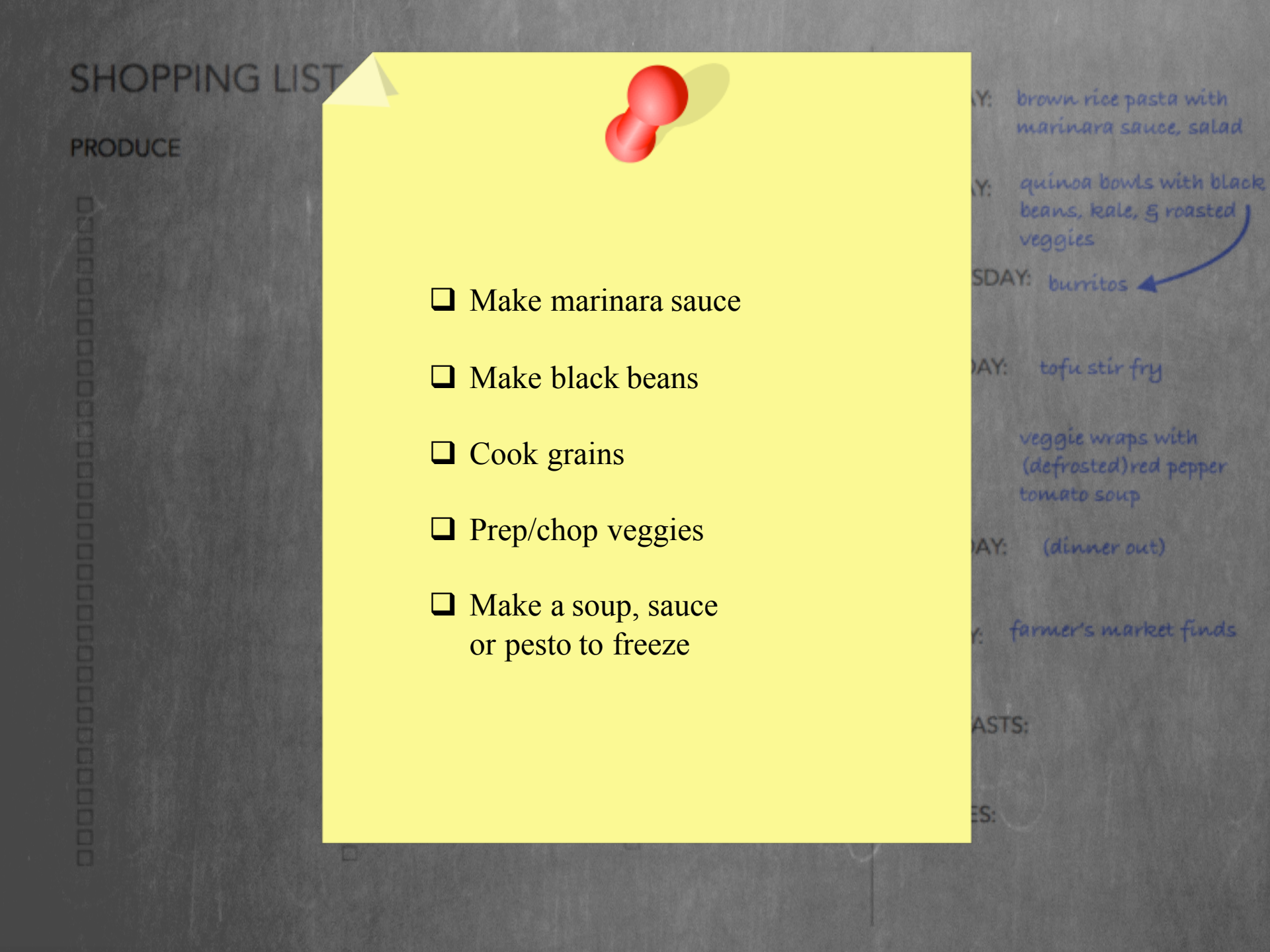
FRIDAY: veggie wraps with (defrosted) red pepper tomato soup

SATURDAY: (dinner out)

SUNDAY: farmer's market finds

BREAKFASTS:

LUNCHES:


SHOPPING LIST
PRODUCE
brown rice pasta with marinara sauce, salad
quinoa bowls with black beans, kale, & roasted veggies
burritos
tofu stir fry
veggie wraps with (defrosted) red pepper tomato soup
(dinner out)
farmer's market finds
Make marinara sauce
Make black beans
Cook grains
Prep/chop veggies
Make a soup, sauce or pesto to freeze

MENU

Southwestern Black Bean Bowls
With Brown rice, Roasted Sweet
Potatoes, & Kale

Toasted pearl couscous &
White Bean soup with Greens

Apple Cider Vinegar Dressing

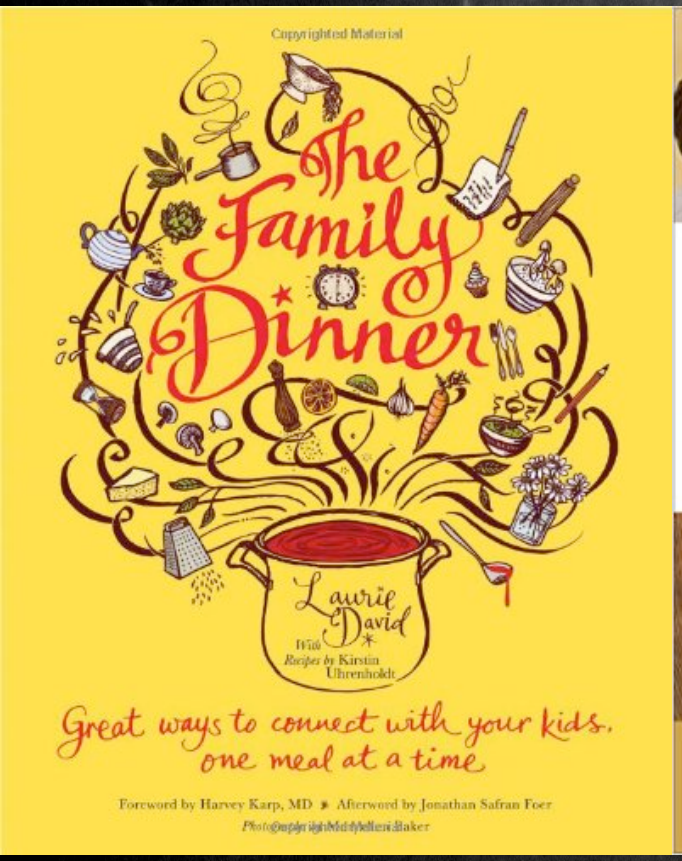
Spinach & Basil Pesto

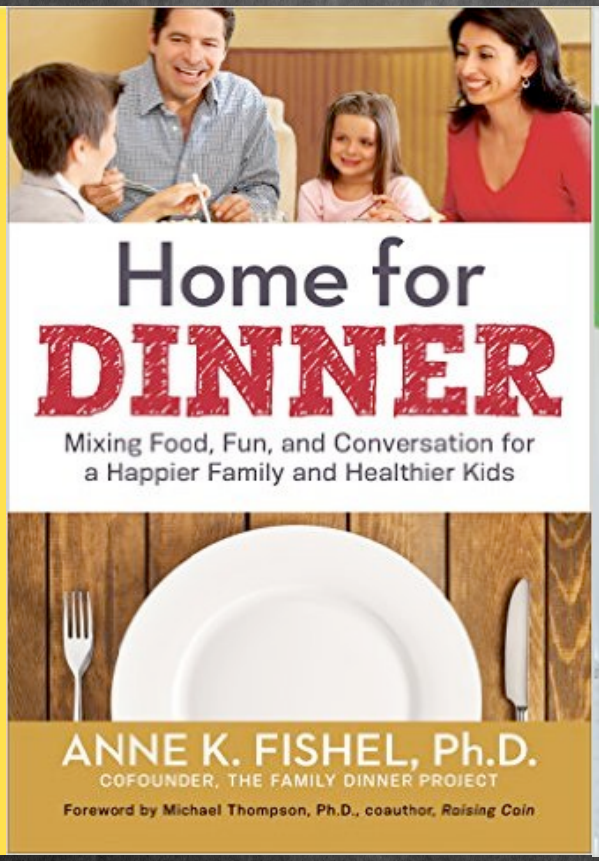
What we imagine . . .

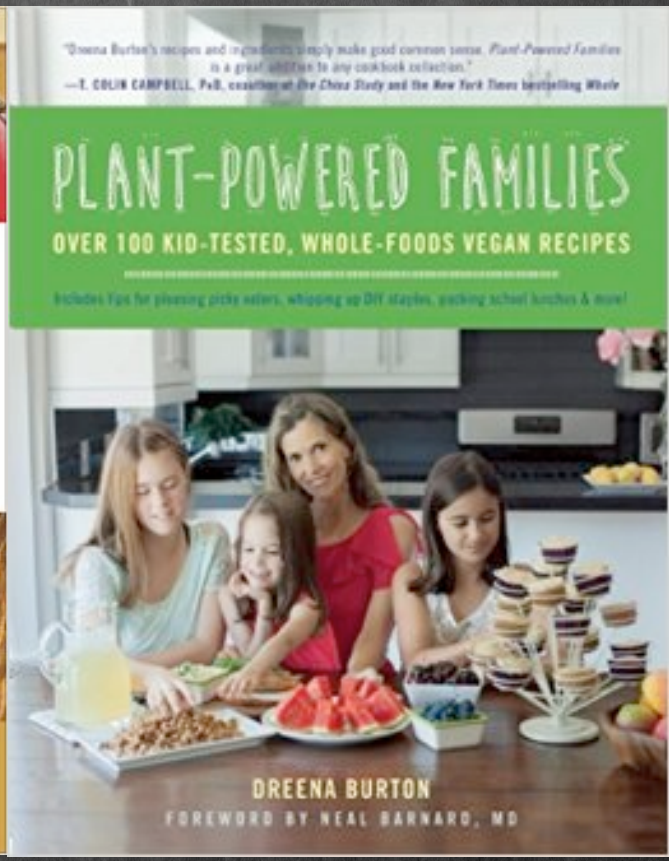
Reality . . .

- Prioritize while being kind to yourself and your family.
- Keep it simple (but don't be afraid to experiment!)
- Don't take it so seriously (work in progress for me!)
- Choose your conversations carefully.
- No phones at the table. I mean it. Be an example. Be firm. You can do this!

Resources. . .


Copyrighted Material
The Family Dinner
Laurie David
With Recipes by Kirstin Uhrenholdt
Great ways to connect with your kids, one meal at a time
Foreword by Harvey Karp, MD ✻ Afterword by Jonathan Safran Foer


Home for
DINNER
Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids
ANNE K. FISHEL, Ph.D.
COFOUNDER, THE FAMILY DINNER PROJECT
Foreword by Michael Thompson, Ph.D., coauthor, Raising Cain


PLANT-POWERED FAMILIES
OVER 100 KID-TESTED, WHOLE-FOODS VEGAN RECIPES
DREENA BURTON
FOREWORD BY NEAL BARNARD, MD

THE FAMILY TABLE

making family dinner happen

RESHMA SHAH, M.D.

www.thefamily-table.com

reshmashah

The Family Table

eshmashahmd@gmail.com