The NutraPlanet Family Mealtime Toolkit

Your 3-Day Guide to Stress-Free Dinners + Fun Food Conversations That Spark Curiosity

Made with love for families who love food

Created by NutraPlanet
Helping families discover the joy of food adventures
www.thenutraplanet.com

Your 3-Day Quick-Start Checklist.

Your family's first food adventure starts here!

Before You Begin

- Print the meal plan and put it on your fridge
- Review the shopping list
- Choose ONE conversation starter to try at your first meal
- Tell your kids: "We're going on a food adventure this week!"

Day 1 — Focus on Familiarity

- **Make** the recipe together (kids love helping!)
- **Use** the conversation starter at dinner
- **Celebrate** just TRYING the food (no pressure to finish)
- **Take a photo** of your meal (share it with #NutraPlanetFamily!)

Day 2 — Focus on Fun

- **Read one food fact** to your kids before cooking
- **Ask:** "What do you think this will taste like?"
- **Make it a game:** "How many colors are on your plate?"
- **Notice** any **small wins** (even curiosity counts!)

Day 3 — Focus on Connection

- **Let your child pick** the conversation starter topic
- **Ask:** "What was your favorite meal this week?"
- **Discuss:** "What new food should we try next week?"
- **Celebrate:** You completed 3 days of food adventures!

After Day 3

- **Reflect:** What worked? What did your kids respond to?
- **Plan:** Use the blank meal planning template for week 2
- **Share:** Tell another parent about your success
- **Continue: Join NutraPlanet** for monthly adventures →

Continue the adventure at www.TheNutraPlanet.com.

The Traveling Tomato

FUN FACT

Though we often think of Italian food when we think of tomatoes, they actually originated in South America and were not introduced to Europe until the 16th century. For many years, Europeans thought tomatoes were poisonous and only grew them as decorative plants!

DISCUSSION STARTERS

1. If you could introduce a new food to a country that's never had it before, what would you choose and why?
2. What's your favorite way to eat tomatoes? How different do you think Italian food would be without them?
3. Can you think of other foods that came from surprising places?

The Hidden Life of Honey

FUN FACT

Honey never spoils! Archaeologists have found 3,000-year-old honey in Egyptian tombs that is still perfectly edible. A single bee in her lifetime makes only about 1/12th of a teaspoon of honey.

DISCUSSION STARTERS

1. *If you could preserve one food forever like honey, what would it be?*
2. *How many flowers do you think a bee visits to make that 1/12th teaspoon of honey?*
3. *What's your favorite way to use honey in food or drinks?*

The Color-Changing Corn

FUN FACT:
Originally, all corn was white! The colorful varieties we know today were developed over thousands of years by Indigenous peoples in the Americas.

DISCUSSION STARTERS:

1. *If you could create a new color of corn, what color would you choose?*
2. *What's the most unusual colored food you've ever eaten?*
3. *How do you think different colored versions of the same food might taste different?*

The Apple Adventure

FUN FACT: There are over 7,500 varieties of apples grown around the world, and apples grown from seeds are always different from their parent tree!

DISCUSSION STARTERS:

1. *If you could create your own perfect apple variety, what would it taste like?*
2. *How many different kinds of apples have you tried? Which is your favorite?*
3. *What makes some apples better for baking and others better for eating fresh?*

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The Spicy Secret

FUN FACT: Spicy foods aren't actually hot. Capsaicin tricks your brain into feeling heat. Birds can't feel spiciness at all!

DISCUSSION STARTERS:

- What's the spiciest food you've ever eaten? What happened?
- Why do some people love spicy food while others don't?
- What other foods do you think taste different to animals?

The Chocolate Challenge

FUN FACT

Chocolate comes from the cacao plant, whose scientific name is Theobroma cacao*, meaning 'food of the gods.' It takes about 400 cacao beans to make just one pound of chocolate!

DISCUSSION STARTERS

- If chocolate is called 'food of the gods,' what food would you give that name to?
- How many chocolate bars do you think could come from one cacao pod?
- What's your favorite way to enjoy chocolate?

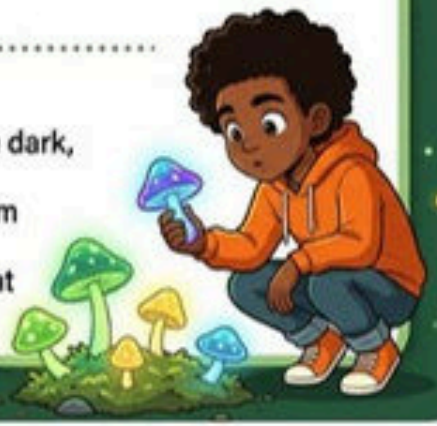
The Mushroom Mystery

FUN FACT

Mushrooms are more closely related to humans than they are to plants! They don't need sunlight to grow, and some mushrooms can even glow in the dark.

DISCUSSION STARTERS

- If you could make any food glow in the dark, what would you choose?
- Would you ever want to try a mushroom that glows? Why or why not?
- How do you feel about trying foods that look different or unusual?



Tips for Using These Cards

TIPS

- Choose one card per meal to keep conversations flowing naturally
- Encourage everyone to share thoughts and experiences
- There are no wrong answers, the goal is fun and learning together
- Feel free to create your own follow-up questions

3-Day Meals

Discover Delicious, Healthy Meals from Around the World!

Welcome to your 3-day adventure of exploring delicious and nutritious meals from different cultures! Each day features a complete family meal that's both kid-friendly and packed with nutrients. Let's make mealtime fun again!

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Herb-Seasoned Turkey Meatloaf

Ingredients

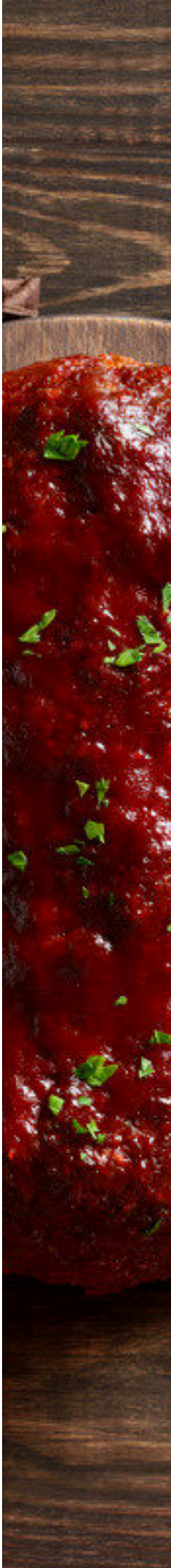
- 2 lbs lean ground turkey
- 1 cup whole
- wheat breadcrumbs
- 2 eggs
- 1 onion, finely diced
- 2 carrots, grated
- 2 cloves garlic, minced
- 1 tablespoon fresh thyme
- 1 tablespoon fresh rosemary
- Salt and pepper to taste

Serving Suggestions

Prep Time: 20 minutes
Cook Time: 45 minutes
Servings: 4-6

How To Make

1. *Preheat oven to 375°F*
2. *Mix all ingredients in a large bowl*
3. *Shape into a loaf in a baking dish*
4. *Bake for 45 minutes or until internal temperature reaches 165°F*



Herbed Sweet Potato and Russet Mash

Ingredients

- 2 large russet potatoes, peeled and cubed
- 2 medium sweet potatoes, peeled and cubed
- ⅓ cup warm milk
- 2 tablespoons butter
- 2 tablespoons fresh chives, finely chopped
- 1 tablespoon fresh rosemary, finely chopped
- 2 cloves garlic, roasted and mashed
- Salt and pepper to taste

Serving Suggestions

Tips: Roast garlic ahead of time by wrapping a whole head in foil with olive oil and baking at 400°F for 30-40 minutes until soft

How To Make

1. Place both types of potatoes in a large pot and cover with cold water
2. Bring to a boil, then reduce heat and simmer for 15-20 minutes until tender
3. Drain potatoes and return to pot
4. Add warm milk, butter, and roasted garlic
5. Mash until reaching desired consistency
6. Fold in fresh herbs
7. Season with salt and pepper to taste

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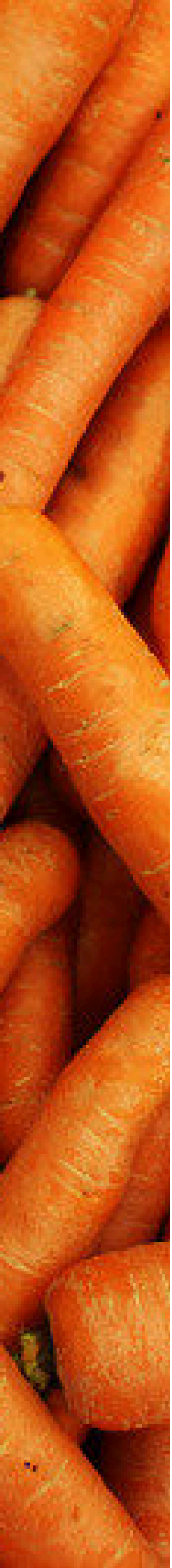


Honey-Glazed Roasted Carrots

Ingredients

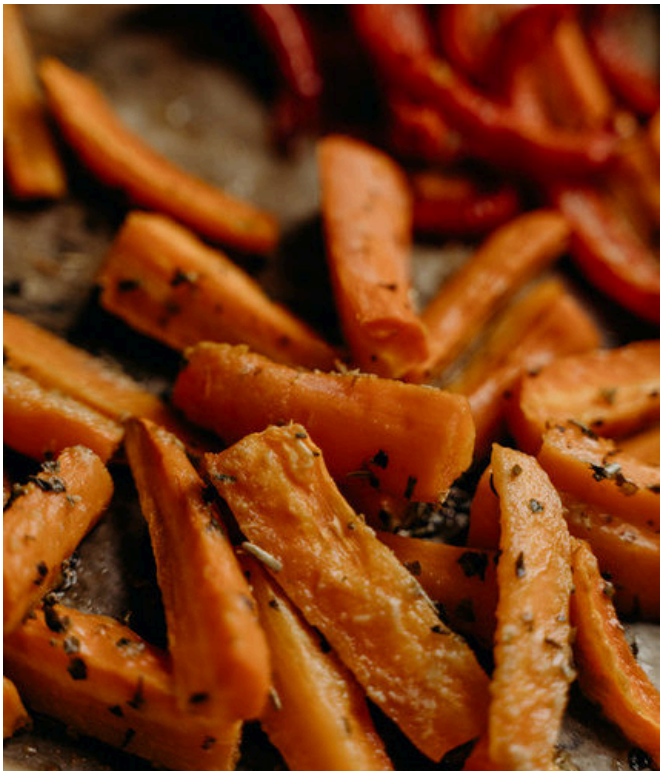
- 2 lbs carrots, peeled and cut into 2-inch pieces
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh thyme
- Salt and pepper to taste

Serving Suggestions

Prep Time: 20 minutes
Cook Time: 45 minutes
Servings: 4-6

How To Make :

1. *Preheat oven to 400°F*
2. *Toss carrots with olive oil, honey, thyme, salt, and pepper*
3. *Spread on a baking sheet*
4. *Roast for 20-25 minutes, turning once, until tender and caramelized*



Greek-Style Chicken Skewers with Quinoa Tabbouleh

Ingredients :

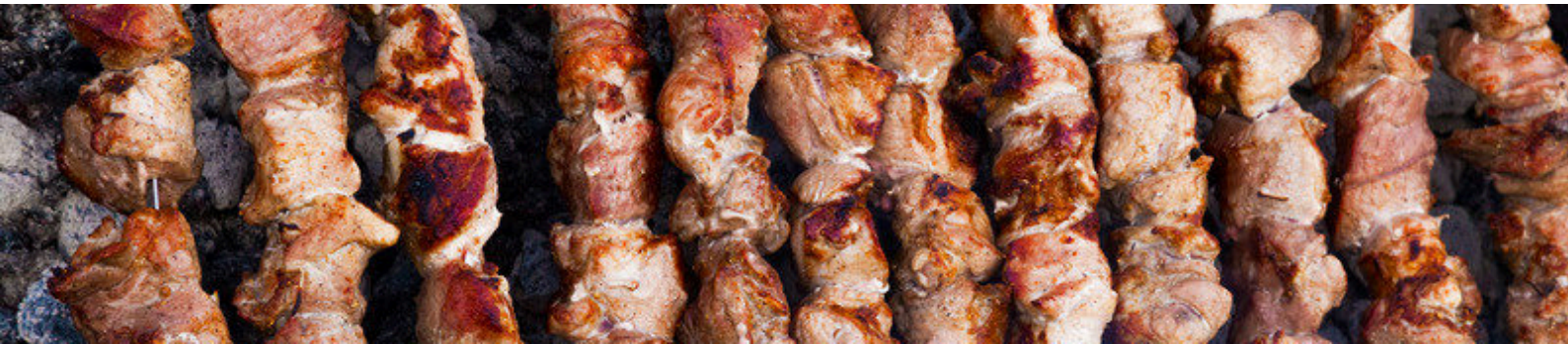
- 2 lbs chicken breast, cubed
- 3 tablespoons olive oil
- 2 lemons, juiced
- 4 cloves garlic, minced
- 1 tablespoon oregano
- 1 teaspoon dried mint
- Salt and pepper to taste

Serving Suggestions :

Prep Time: 30 minutes
Cook Time: 15 minutes
Servings: 4-6

How To Make

1. *Cook quinoa according to package instructions*
2. *Mix all ingredients in a large bowl*
3. *Chill for at least 30 minutes before serving*



Mediterranean Quinoa Salad

Ingredients

- 2 cups cooked quinoa
- 1 cucumber, diced
- 2 tomatoes, diced
- 1 bunch parsley, chopped
- ½ cup mint, chopped
- 3 tablespoons olive oil
- 2 lemons, juiced
- Salt and pepper to taste

Serving Suggestions

Prep Time: 30 minutes

Cook Time: 15 minutes

Servings: 4-6

How To Make

1. *Cook quinoa according to package instructions*
2. *Mix all ingredients in a large bowl*
3. *Chill for at least 30 minutes before serving*

Greek-Style Roasted Vegetables

Ingredients

- 2 medium zucchini, cut into 1-inch chunks
- 2 bell peppers (red and yellow), cut into 1-inch pieces
- 2 cups cherry tomatoes
- 1 red onion, cut into wedges
- 4 cloves garlic, roughly chopped
- 3 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 teaspoon dried thyme
- 1 lemon, juiced
- Salt and pepper to taste
- Optional: crumbled feta cheese for serving

Serving Suggestions

Prep Time:

30 minutes

Cook Time:

15 minutes

Servings: 4-6

How To Make

1. *Preheat oven to 425°F*
2. *In a large bowl, combine all vegetables Add olive oil, oregano, thyme, salt, and pepper, toss to coat evenly*
3. *Spread on a large baking sheet in a single layer. Roast for 20-25 minutes, stirring halfway through*
4. *Remove from oven, drizzle with fresh lemon juice.*
5. *Optional: top with crumbled feta cheese*

Crispy Oven-Fried Chicken

Ingredients

- 2 lbs chicken pieces
- 2 cups buttermilk
- 2 cups whole wheat flour
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 teaspoon cayenne (optional)
- Salt and pepper to taste

Serving Suggestions

Prep Time: 25 minutes
Cook Time: 40 minutes
Servings: 4-6

How To Make

1. *Marinate chicken in buttermilk for at least 2 hours*
2. *Mix flour with seasonings*
3. *Coat chicken pieces*
4. *Bake at 400°F for 35-40 minutes*

Maple-Whipped Sweet Potatoes

Ingredients

- 4 large sweet potatoes
- ¼ cup milk
- 2 tablespoons maple syrup
- 2 tablespoons butter
- Cinnamon to taste
- Salt to taste

Serving Suggestions

Prep Time: 25 minutes
Cook Time: 40 minutes
Servings: 4-6

How To Make

1. *Bake sweet potatoes until tender*
2. *Mash with remaining ingredients*
3. *Whip until smooth and creamy*

Garlicky Green Beans

Ingredients

- 2 lbs fresh green beans, trimmed
- 4 slices turkey bacon, diced
- 4 cloves garlic, thinly sliced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: red pepper flakes
- 2 tablespoons fresh parsley, chopped

Serving Suggestions

Prep Time: 30 minutes
Cook Time: 15 minutes
Servings: 4-6

How To Make

1. *Fill a large bowl with ice water, set aside*
2. *Bring a large pot of salted water to boil*
3. *Cook green beans for 3-4 minutes until bright green but still crisp*
4. *Immediately transfer to ice water bath to stop cooking, Drain and pat dry*
5. *In a large skillet, cook diced bacon until crispy*
6. *Remove bacon with slotted spoon, leave fat in pan*
7. *Add olive oil and sliced garlic to the pan, Sauté garlic for 1 minute until fragrant*
8. *Add blanched green beans to the pan, Cook for 3-4 minutes, tossing frequently*
9. *Season with salt, pepper, and red pepper flakes if desired, Return bacon to pan and toss*
10. *Garnish with fresh parsley, Serve hot*

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3-Day Family Meals Adventure

A Small Challenge. A Big Impact.

Over the past three days, you've gathered around the table, shared stories, and explored new flavors together. This isn't just about food; it's about building lasting memories and nourishing your family's connection. Remember, progress over perfection is the key.

Every shared meal is a victory. Celebrate the moments of laughter, the new tastes discovered, and the simple joy of being together. These are the building blocks of a healthy, happy family rhythm.

Share your family's journey! Use #3DayFamilyMealChallenge to connect with our community and inspire others.

Keep the Momentum Going

Your NutraPlanet membership offers continuous support for healthy family eating. Unlock exclusive benefits designed to make every meal an adventure.

- Monthly, easy-to-follow meal plans.
- Exciting new Little TJ adventures, songs, and games.
- Access to our supportive parent community and expert tips.

Learn more at: www.thenutraplanet.com/join

Stay Connected
Follow us on Instagram for daily inspiration and share your moments with #NutraPlanetFamily.

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MY NUTRAPLANET WEEKLY MEAL PLAN

Week of: _____ **This Week's Focus:** _____

DAY	DINNER IDEA	VEGGIES INCLUDED	PREP NOTES
MON	Taco Tuesday	☐ ☐ ☐	
TUE	Pasta Night	☐ ☐ ☐	
WED	Stir-Fry	☐ ☐ ☐	
THU	Roast Chicken	☐ ☐ ☐	
FRI	Veggie Burgers	☐ ☐ ☐	
SAT	Fish Tacos	☐ ☐ ☐	
SUN	Pizza Night	☐ ☐ ☐	

SHOPPING LIST QUICK-ADD

SHOPPING LIST

PROTEINS:

- ☐ _____
- ☐ _____
- ☐ _____

VEGGIES:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

STAPLES:

- ☐ _____
- ☐ _____
- ☐ _____

CONVERSATION STARTERS:

THIS WEEK'S CONVERSATION STARTERS: Don't forget! Play NutraBeats songs at dinner

Monday: _____

Wednesday: _____

Friday: _____

Scan for NutraBeats Playlist

Need more recipes and conversation starters? Join NutraPlanet for monthly adventures! www.thenutraplanet.com/join

MEAL PLANNING MADE EASY

Simple tips to make dinners less stressful.

HOW TO USE THIS TEMPLATE

1. Pick your "Focus Veggie" for the week (include it in 3–4 meals)
2. Plan 3–4 main dinners (the rest can be leftovers)
3. Check off veggies as you plan them (goal: 3 different veggies per day)
4. Add items to your shopping list as you go
5. Pick conversation starters for 3 nights

BONUS TIP: Plan meals Sunday, shop Monday!

OUR TOP 5 VEGGIE-PACKED MEALS

1. _____
2. _____
3. _____
4. _____
5. _____

Keep these on rotation when you're stuck!