



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DINNER TIME IS FAMILY TIME

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Idea	<b>Soup &amp; Sandwich:</b> Quick and easy Monday night meal that you can mix & match	<b>Taco Tuesday:</b> You know what to do	<b>Kids Choice:</b> Ask your kids what they want to eat. Better yet: have them help prepare it	<b>Homemade Pizza:</b> Kids love it and parents approve	<b>Fish Friday:</b> Baked salmon or tilapia with roasted veggies on the side	<b>Out-to-Eat:</b> Enjoy an evening at your favorite restaurant	<b>Slow Cooker:</b> Get it started in the morning and let it cook all day
Discussion Topic	What was the best part of your day?	If you could have any superpower, which would you choose?	If you could pick your own name, what would it be?	If you could be an animal, what would you be and why?	What will your life be like in 10 years?, 20?	In only 3 words, how would you describe yourself?	What is your favorite holiday and why?
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Idea	<b>Meatless Monday:</b> Find a new vegetarian recipe for your family	<b>Salad Night:</b> Spice up your salad with beans, nuts, and other lean protein	<b>Brinner:</b> Breakfast for dinner = Brinner	<b>Baked Potato Bar:</b> Toppings could include: black beans, salsa, and grilled peppers	<b>Leftovers Night:</b> Clean out the kitchen and reduce food waste at the	<b>Grill:</b> Burgers, corn on the cob, and grilled veggies	<b>Stir-Fry:</b> Mixed veggies and chicken or shrimp served over brown rice
Discussion Topic	What 3 things are you thankful for today?	What do you want to be when you grow up?	If you could have dinner with anyone (past or present) who would it be?	If you could only bring 1 thing with you to an island what would it be?	If you had a time machine how would you use it?	If you were invisible for a day; what would you do?	If you had the attention of the whole world for just 10 seconds; what would you say?