



SOCCKER MOM

7-Day Family Meal Plan

Protein-rich meal solutions to fuel your family's strength.

Soccer Mom

7-Day Family Meal Plan

These recipes and more protein-rich meals for your fit fam can be found at wabeef.org/nutrition.

Sunday

Breakfast

Pick Your Own Egg Cups

This is a great breakfast meal for any family looking to enjoy a quality, but easy version of the breakfast classic: Omelets! By baking a dozen mini omelets (at 375F for 25 min), each member of the family has the chance to easily customize what's in their eggs for the morning. Meal prep these egg cups and store in a air-tight container in the fridge for up to 3 days as easy grab-n-go weekday options!

12 eggs
2-4 tablespoons milk
1-2 cups fillings of choice (cooked ground beef, leftover taco meat, chopped ham, peppers, tomatoes, mushrooms, spinach, etc.)
1 cup cheese of choice
**Serve with mixed berry salad.*

Lunch

“Grilled” Beef & Cheese Biscuits

A lunchtime classic, with a twist. Bake a big batch of “grilled” cheese sandwiches and no one has to wait for the next sandwich to come out of the pan! Simple split the rolls in half before baking and place a slice of deli meat and small amount of cheese down before sandwiching the top on and pinching the edges closed. Then bake off your batch of protein-stuffed pockets for 12-15 min and 400F.

1 can “grands”-style ready-to-bake biscuits (10 count)
1 cup shredded swiss or cheddar cheese
1/4 cup honey or Dijon mustard (optional)
1/2 pound your choice deli roast beef
**Serve with sliced apples and nut butter.*

Dinner

Italian Roast Beef

Set it an forget it in your slow cooker all day to get to fork-tender roast for the perfect dinner, and a leg up on your Monday (and can even roll over into a powerful breakfast later in the week). Just combine ingredients in slow cooker and place of LOW for 8 hours. Save half of this roast and all the cooking liquid for tomorrow's dinner!

4-5 pounds Top Round or Bottom Round Beef Roast
1 tablespoon dried oregano
1 tablespoon dried basil
1 onion, chopped
4 carrots, sliced 1 inch thick
6 cloves garlic, minced
1/2 cup sun-dried tomatoes, sliced
28 ounces canned crushed tomatoes
1/2 cup red wine (1/2 cup beef broth can be substituted)
**Serve with your choice of steamed or roasted vegetables and garlic bread.*

Protein-Rich Snacks:

Peanut Butter & Banana Toast or Beef Jerky + Trail Mix

Monday

Breakfast

Big Berry Smoothie

Start the school day off right with this fruit and veggie-filled drinkable meal that includes low-fat dairy protein and can be tossed in a to-go cup to accommodate that last-minute morning rush. Mom Tip: make up smoothie baggies ahead of time and toss them in the freezer, then just dump your frozen fruit and veggies in the blender with your liquid and ice and you've shaved off a few more minutes.

For 2 Smoothies:

- 1 cup spinach leaves
- 1 cup mixed berries (blueberry, raspberry, etc)
- 1 ripe banana
- ½ cup low- or non-fat milk
- 2 tablespoons old fashioned oats
- 1 cup ice

*Serve with a smile as they head to school!

Lunch

Ranch Deli Wrap

Lunchboxes are a key nutrition point for kids. Delivering a boost of beef half-way through their day helps keeps their minds focused and fuels their bodies for those after-school activities yet to come. Load those lunchboxes with a dose of protein, a fruit and veggie option as well as whole grains.

For 4 wraps:

- 12 ounces lean deli meat (roast beef, turkey, ham, etc)
 - 2 cups prepared broccoli slaw
 - 6 tablespoons Ranch dressing
 - 1/2 cup low-fat cream cheese
 - 4 whole wheat, spinach or tomato tortillas
- *Pack with veggie dippers and low-fat ranch dressing and sliced apples.

Dinner

Beef Ragu with Mashed Sweet Potatoes

Cook once and dine twice with leftover roast from your Sunday dinner plus prepare the makings of a great breakfast tomorrow. Simply reheat 1 pound of the saved roast and all the reserved cooking sauce until it's easy to shred and the vegetables soften to make your Ragu. Boil the sweet potatoes and prepare like you would typical mashed potatoes.

- Reserved roast and sauce from Italian Roast Beef meal
- 4 medium sweet potatoes, scrubbed and cut into 1/2-inch cubes
- 2 tablespoons olive oil
- 3 cloves garlic
- 2 pinches salt

*Serve over smashed sweet potatoes or your favorite shape of whole wheat pasta with Italian chopped salad.

Tuesday

Breakfast

Beefy Sweet Potato Hash

Use up the last of your beef roast leftovers to make the most out of your grocery budget and the cooking time. Simple heat up the beef, sweet potatoes and onion in a skillet and season to taste.

Leftover roast from Italian Roast Beef and Ragu meals, shredded or cut into cubes

- Reserved, cooked sweet potato from Ragu dinner
- 1 medium onion, chopped
- 1 packet taco seasoning
- 1 teaspoon vegetable oil
- 2 tablespoons low fat sour cream
- 1 teaspoon hot pepper sauce
- Fresh cilantro, chopped
- 4 whole wheat tortillas

*Serve in whole wheat tortillas with cilantro sour cream on the side.

Lunch

Sandwich Stars

No recipe needed here! Simply pull out the cookie cutters and get creative with the shape of their sandwich. Food Waste Tip: don't toss the trimmings, pack the sandwich as a whole in their sandwich container and they can enjoy the inside and outside of that star, heart, or dinosaur!

*Pack with extra mixed berries from Monday's smoothies.

Dinner

Buffalo-Style Beef Tacos

Taco Tuesday just got interesting! If your family loves traditional tacos, stick to that simple no-recipe, no-brainer meal. But if you're looking to spice up your menu, this is a fun way to kick it up a notch. Simply brown your ground beef and then add in the sauces to simmer. Every family likes a different level of heat, so gauge your spice use based on what you like.

- 1-1/2 pounds Ground Beef (95% lean)
- 1/8 cup hot pepper sauce for Buffalo wings
- 1/8 cup BBQ sauce
- 8 crisp taco shells
- 1/4 cup reduced fat prepared blue cheese dressing
- 1/2 cup shredded carrot
- 1/2 cup broccoli slaw mix
- 2 tablespoons chopped fresh cilantro

*Serve with broccoli slaw, shredded carrots and blue cheese or ranch dressing.

Packable Protein-Rich Snacks:

String Cheese or Hard-Boiled Egg

Packable Protein-Rich Snacks:

Peanut Butter & Apple Slices or Beef Jerky + Trail Mix

Wednesday

Breakfast

Breakfast Burritos

Prepared the night before and microwaved for a warm breakfast on the way out the door, or as a fresh wrapped omelet-style meal, breakfast burritos are a great source of morning protein. Use up any leftover taco fillings and just add eggs!

For 4 Burritos:
1/2 pound cooked taco meat
4 eggs, beaten
2 tablespoons water
1 tablespoon finely chopped fresh cilantro
1/4 teaspoon salt (optional)
1/3 cup reduced-fat shredded Mexican cheese blend
4 medium spinach or whole wheat tortillas (10-inch diameter)
Pico de gallo-style salsa
**Serve with fresh berries.*

Lunch

Peanut Butter Wrap

What kid doesn't love peanut butter? Why not take that typical PBJ sandwich and transform it into a roll-up meal that delivers the taste they know and love in a new package! No recipe needed here, just remember to include a fruit and veggie in that lunchbox too! Delivering a boost of nutrition in a fun package half way through their day helps keeps their minds focused and fuels their bodies for those after-school activities yet to come.

**Pack with veggie dippers and low-fat ranch dressing and a mandarin orange.*

Dinner

Baked Italian Meatballs & Pasta

Lean ground beef is a staple in most homes because it's affordable and easy to work with in so many recipes. Plus, kids just love it. Same goes with pasta. So why not embrace the classic combo of spaghetti and meatballs and enjoy your family pasta night. Again, this can be a no-recipe-needed kind of meal or combine these ingredient and bake at 400F for 18-20 min.

2 pounds Ground Beef (95% lean)
1/2 cup seasoned dry bread crumbs
4 egg whites or 2 eggs, beaten
2 tablespoons water
1/4 teaspoon salt
1/8 teaspoon pepper
**Serve meatballs with prepared marinara sauce over your favorite whole wheat pasta shape with steamed broccoli and garlic bread.*

Packable Protein-Rich Snacks:

Greek Yogurt + Granola or Beef Jerky + Honey Roasted Nuts

Thursday

Breakfast

Italian Egg Cups

Did you have a few meatballs left over? Simply break them up and get ready to repurpose them into a powerful and flavorful Italian tasting breakfast. Baking up a dozen of these mini omelets the night before (375F for 25 min) means you simply reheat and go in the morning.

12 eggs
2-4 tablespoons milk
1 cup leftover "fillings" (broken up meatballs or sausage, chopped fresh basil and chopped sundried tomatoes)
Parmesan cheese
Salt and pepper to taste
**Serve with a small cup of fresh fruit.*

Lunch

Meatball Sub Sandwich

The perfect warm lunch if your student has a cafeteria microwave available. No recipe needed to assemble a line of meaty sub sandwiches that use up last night's leftovers. Put those extra meatballs and marinara to work by tucking them inside leftover garlic bread or soft hoagie/sandwich rolls. Simply top with some shredded mozzarella cheese. Remember to include a fruit and veggie in that lunchbox too!

**Pack with mixed grapes and mini carrots.*

Dinner

Grilled Lime-Honey Beef TriTip

When cooking for a family, roasts are a major time and budget-saver. Sometimes it seems like buying one big piece of meat is expensive, but when you cook it once and get 2-3 meals out of it, that single purchase and effort is a big savings! This meal is a bit fancy and a great excuse to get that grill fired up, no matter what the weather is doing. Grilling a roast is easy: preheat to medium-high heat then grill with the cover down 25-35 minutes, turning several times, until thermometer reads 130F.

1 beef Tri-Tip Roast (2-3 pounds)
2 tablespoons honey
2 tablespoons fresh lime juice
2 teaspoons ground cumin
1 teaspoon dry mustard
1 teaspoon salt
**Serve with tropical fruit salad.*

Packable Protein-Rich Snacks:

Baby Carrots + Hummus or Beef Jerky Granola Bars

Friday

Breakfast

Chocolate Protein Smoothie

A kid-approved protein smoothie that skips the powders and feels like a celebration for the end of the school week. The secret ingredient: ricotta cheese! Yep, it's not just for filling those manicotti and lasagna casseroles, it adds thickness and protein to this yummy breakfast treat.

For 4 Smoothies:

- 2 banana
- 2 generous tablespoons ricotta cheese
- 2 generous tablespoons peanut butter
- 2 teaspoons** cocoa powder
- 2 cups low-fat milk
- 1-2 cups ice

**Serve with banana slices on top.*

Lunch

MuShu Steak & Apple Wrap

Introducing a fresh flavor can make leftovers seem like a completely unique meal. Tart green apples and a simple Asian dressing take last night's leftover roast to a whole new level. And it's all in a wrap that can go to school or practice as a great meal for anyone, anytime. Simply roll steak slices, slaw and apples in tortillas to be dipped in the hoisin + honey sauce at lunch time.

For 4 Wraps:

- 12 ounces Tri-Tip roast slices (leftover from dinner)
- 1/4 cup hoisin sauce
- 1 tablespoon honey
- 3 cups tri-color coleslaw mix (with green cabbage, red cabbage and carrots)
- 1 Granny Smith apple, peeled and thinly sliced
- 8 medium whole wheat flour tortillas (8 to 10-inch diameter)

**Pack with more apple slices and hoisin + honey dipping sauce.*

Dinner

Pizza with Purpose

Veggyfy your usual meaty pizza by blending steamed vegetables into prepared marinara sauce and laying that down on your dough before topping with ground beef, cheese, cherry tomatoes and fresh herbs. An easy make-at-home pizza night invites the kids and the nutrition into the kitchen as you wrap up your week. Just bake in the oven according to the pizza dough directions.

- 1 pound Ground Beef (95% lean), browned
- 1-1/2 cups frozen vegetables, steamed and the pureed
- 1/2 cup prepared marinara sauce
- 1 package fresh whole wheat pizza dough
- 1/2 cup reduced-fat shredded cheese
- 1/2 cup sliced cherry tomatoes
- 1 tablespoon chopped fresh oregano
- 2 tablespoons thinly sliced fresh basil

**Serve with antipasti salad*

Saturday

Breakfast

Beef "Sticky Buns"

A savory twist on the typical cinnamon roll. Simply brown up and season your beef sausage adding veggies and cook until softened. Roll out your dough and top with the filling and cheese, then roll 'er up and slice into 1 inch wide rolls. Bake at 425F for 18-20 min.

- 2 cups country breakfast sausage (1/2 pound lean ground beef + 1/2 tsp sage + 1 tsp garlic powder + 1 tsp onion powder + 1/2 tsp salt + 1/4 tsp crushed red pepper)
- 1 cup sliced button mushrooms
- 3/4 cup diced onion
- 3 cups fresh baby spinach
- 1/2 cup reduced fat shredded cheddar cheese
- 1 package refrigerated pizza dough or crescent roll dough
- 1/2 cup jalapeno pepper jelly, warmed

**Served drizzled with jalapeno jelly and top with softened cream cheese instead of frosting. Scrambled eggs are great on the side.*

Lunch

Rock & Roll Beef Wrap

Soccer Saturdays are always busy. But this great lunch wrap will keep everyone fueled up and fit with its powerful combination of ground beef and quinoa. Combine cooked beef and cooked quinoa with ranch seasoning in a skillet with water and broccoli slaw and cook 3 minutes. Load this protein-packed filling into tortillas with your kids' toppings of choice

For 4 Wraps:

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup water
- 1/3 cup cooked quinoa
- 2 tablespoons dry ranch dressing mix
- 2 cups packaged broccoli slaw
- 4 medium whole grain or spinach tortillas

** Serve with apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles as fun topping options.*

Dinner

Sweet & Sloppy Joes

Simple and sweet, this Sloppy Joe recipe is fast to make and can feed a crowd. Ground beef, veggies, tomatoes and spices all simmer together for 15 to 18 min to create a hearty, flavorful filling that you load onto rolls and serve with a choice of toppings.

- 1 pound Ground Beef (93% lean or leaner), browned
- 1 cup diced bell peppers (red, green, yellow or orange)
- 1/2 cup chopped onion
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 1/2 cup dark or golden raisins
- 2 teaspoons chili powder
- 1 teaspoon dried oregano leaves
- 4 whole wheat hamburger buns, split
- Toppings: coleslaw, chopped mango, chopped jalapeño, chopped fresh cilantro, sliced green onion, shredded cheese

**Serve on whole wheat rolls with sweet potato fries.*

Packable Protein-Rich Snacks:

Cheese Slices + WW Crackers or String Cheese

Packable Protein-Rich Snacks:

Cottage Cheese + Berries or Beef Jerky + Trail Mix