

NO-STRESS FAMILY MEALS

Flexible options for Busy Nights
with 5 mix and match dinner ideas



Weight Your Options

Flexible, weight-neutral nutrition for real families



Feeding a Family Without Food Guilt

This is a toolkit, not a meal plan.

Feeding a family can feel overwhelming — especially when you're tired, busy, and trying to move away from food guilt and diet rules. This guide gives you flexible meal ideas you can mix, match, and adapt to suit your family, your preferences, and your energy levels.

At **Weight Your Options**, we believe nutrition is about having enough information to make choices that work for your real life — not following rigid plans.

The Flexible Family Plate

Think of this as a menu of options, not a checklist.



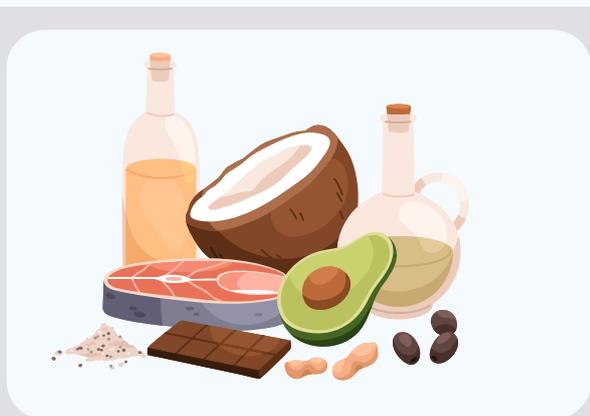
Carbohydrates for energy

Rice, pasta, bread, wraps, potatoes, noodles



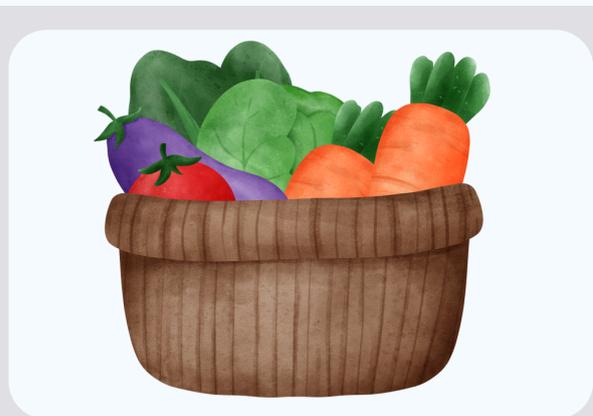
Protein for fullness

Eggs, beans, lentils, chicken, tofu, fish, yogurt, cheese



Fats for satisfaction

Olive oil, butter, avocado, nuts, seeds, spreads



Eat like a rainbow

Fresh, frozen, canned, dried – it all counts

Balanced meals don't have to be perfect – they just need enough variety to keep everyone going.

5 Mix-and-Match Family Dinners

You don't need a strict recipe — just building blocks. Let everyone build their own plate when possible. It reduces pressure and supports different appetites and preferences.



Wrap Night

Base: Wraps or flatbread

Protein: Chicken, beans, falafel, eggs

Add-ons: Salad, grated carrot, cheese, sauces

Easy Pasta Bowl

Base: Any pasta

Protein: Tuna, lentils, mince, tofu

Add-ons: Frozen veg, pesto, olive oil, parmesan



Rice Bowl

Base: Microwave or leftover rice

Protein: Rotisserie chicken, tofu, omelette strips

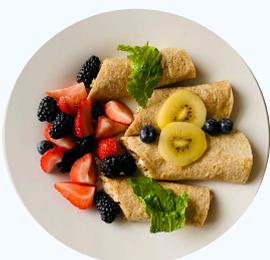
Add-ons: Corn, cucumber, avocado, soy or teriyaki sauce

Loaded Toast

Base: Toast or English muffins

Protein: Baked beans, scrambled eggs, ricotta

Add-ons: Spinach, mushrooms, tomato, cheese



Snack Plate Dinner

Base: Crackers, toast, or pita

Protein: Hummus, cheese, boiled eggs, yogurt

Add-ons: Fruit, nuts, cherry tomatoes, dips

Flexible Family Dinner Grocery List (Family of 4)

Mix, match, and swap based on preferences

Bases

- Wraps or flatbread (8–10 pack)
- Pasta (500g–1kg)
- Microwave rice pouches (2–3) OR
- Uncooked rice
- Bread loaf OR English muffins
- Crackers OR Pita bread

Vegetables & Fruit

Fresh

- Cherry tomatoes (1 punnet)
- Cucumbers (1–2)
- Carrots (1 bag)
- Mixed salad leaves (1 bag)
- Mushrooms (1 punnet)
- Avocados (2–3)
- Fruit for snack plates (apples, bananas, mandarins, grapes, etc.)

Frozen

- Mixed frozen vegetables (1–2 bags)
- Frozen corn (optional)

Canned

- Corn kernels (1 can)

Pantry & Tins

- Baked beans (2 cans)
- Olive oil
- Pesto (1 jar)
- Soy sauce OR teriyaki sauce
- Salsa or taco-style sauce
- Garlic
- Lemon or lime
- Dried herbs or Italian seasoning

Proteins

Choose a mix – you don't need everything

Animal options

- Rotisserie chicken OR 500–700g chicken breast/thigh
- Canned tuna (2 cans)
- Beef or turkey mince (500g)
- Eggs (1 dozen)

Plant options

- Canned beans (2 cans – black beans, kidney beans, chickpeas)
- Canned lentils (1 can)
- Firm tofu (1 block)
- Hummus (1 tub)

Dairy proteins

- Ricotta (small tub)
- Greek or natural yogurt (500g–1kg)
- Cheese block or grated cheese
- Parmesan (block or grated)

Fats, Extras & Add-Ons

- Nuts or seeds (small bag)
- Peanut butter or spread of choice
- Dips (tzatziki, hummus, guacamole, etc.)
- Salad dressing (store-bought or homemade)

Reminder: This is a flexible list, not a rulebook. Mix, match, swap, and repeat based on what your family enjoys and what you have energy for.



On the 'I don't give a *Quack* day'

Some nights are about fed, not fancy.

No ducks were harmed in this production this booklet



Cereal + yogurt + nuts/seeds + banana



Supermarket roast chicken + bread rolls + pre-cut salad



Scrambled eggs on toast + fruit smoothie





Talking About Food Without Food Guilt

- There are no ‘good’ food or ‘bad’ food – *All foods can fit*
- What does food mean to you? Energy sources? Growth? Satisfaction? Enjoyment? – *All related to how we eat*
- Let your kids listen to their hunger and fullness cues when possible
- Model flexibility: sometimes meals are simple, sometimes more elaborate – open up all the options for your younger ones
- Fussy eater? Time to ask **why** they dislike certain foods. It is ok to let them split out the food if they cannot accept it at that moment. All we need is repeated, small exposure every time.

A calm, neutral food environment helps kids build trust with their bodies.

About Us

Weight Your Options supports individuals and families to build sustainable, flexible eating habits without dieting. We focus on practical strategies, body respect, and helping you make informed choices that suit your lifestyle.

Want personalised support for your family?
Book a free **15-minute Strategy Call**



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