



## THEME NIGHT SURVIVAL

Day	OPTION 1	OPTION 2
<b>M</b>	<p style="text-align: center;"><b><i>Sunday Snack Night</i></b></p> <p>Prep food that can be used throughout the week. Then enjoy the extras as finger foods (sliced meats &amp; cheese, veggie tray, fruit, crackers)</p>	<p style="text-align: center;"><b><i>Sunday Simple Eats</i></b></p> <p>Keep the evening meal simple! Try things like soups, sandwiches, or finger foods.</p>
<b>M</b>	<p style="text-align: center;"><b><i>Mix It Up Monday</i></b></p> <p>Toss together meats and veggies prepped on Sunday together into a new creation; or put out a spread and let everyone enjoy a Big Salad Night</p>	<p style="text-align: center;"><b><i>Meat It Up Monday</i></b></p> <p>Don't be fooled by the Meatless Monday proponents. Meat it up on Monday and choose your favorite meat to optimize your protein and your health.</p>
<b>T</b>	<p style="text-align: center;"><b><i>Toss It Up Tuesday</i></b></p> <p>Toss together what you have from Sunday prepping to create a soup, salad, stir fry or more.</p>	<p style="text-align: center;"><b><i>Taco Tuesday</i></b></p> <p>Make your own tacos with diced veggies, lean meat, whole grain taco shells and your favorite salsa.</p>
<b>W</b>	<p style="text-align: center;"><b><i>Wacky Wednesday</i></b></p> <p>Get wacky and try a non-traditional supper such as breakfast foods.</p>	<p style="text-align: center;"><b><i>Warm It Up Wednesday</i></b></p> <p>Make getting through 'hump' day easy by simply reheating leftovers from previous night or having a simple soup and salad.</p>
<b>T</b>	<p style="text-align: center;"><b><i>That's a Rap Thursday</i></b></p> <p>Recreate leftovers and cleanout the fridge to prepare room for new groceries</p>	<p style="text-align: center;"><b><i>Toaster Thursday</i></b></p> <p>Out of leftovers? Make simple toasted sandwiches with a side of soup. Grilled ham &amp; cheese with tomato soup is a great combination.</p>
<b>F</b>	<p style="text-align: center;"><b><i>Friday Fun Foods</i></b></p> <p>Great night to celebrate a successful week with fun foods such as Pizza, burgers, brats, popcorn.... Keep it healthy by serving up a salad that you eat before you get the 'fun' food!</p>	<p style="text-align: center;"><b><i>Fish Night Friday</i></b></p> <p>Keep Fridays fun, light and healthy by featuring fish! Try new fish from the seafood section for a shared family adventure.</p>
<b>S</b>	<p style="text-align: center;"><b><i>Saturday Steak Night</i></b></p> <p>Savor your favorite steak or chop with roasted veggies and side dishes you don't have time to make during the week.</p>	<p style="text-align: center;"><b><i>Special Event Saturday</i></b></p> <p>Saturday often is a day for people to get together or to go out for special meals. So, be flexible and open to exploring new foods and cuisines!</p>

\*DISCLOSER: Adopting a Theme Night in your house can create new traditions that your family will look forward to and expect!