

7-Day Dinner Rotation Plan

Optimized for Busy Parents & Picky Eaters

This simple, printable 7-day dinner plan keeps your family fed and happy without the stress of nightly decisions. Each meal is designed to be ready in under 30 minutes, nutrient-balanced, and family-approved.

- **Monday:** Sheet Pan Chicken Fajitas with Rainbow Peppers
- **Tuesday:** Coconut Curry Lentil Bowls
- **Wednesday:** Creamy Greek Yogurt Mac & Cheese
- **Thursday:** One-Pot Turkey Bolognese with Hidden Veggies
- **Friday:** Mediterranean Sheet Pan Shrimp
- **Saturday:** Veggie-Packed Taco Night
- **Sunday:** Remix Night – Use Leftovers Creatively

■ **Pro Tip:** Keep your pantry stocked with quick bases like quinoa, brown rice, and whole-grain pasta. Rotate sauces and proteins to keep things fresh and exciting week after week.