

# Active Kids Recipe Calendar

Some of AK&M's favorite recipes for busy humans

NOVEMBER 2025

	Weekly Themes	Macaronni Monday	Taco Tuesday	Wacky Wednesday	Tasty Thursday	Fun Friday
<b>WEEK 1</b>	<b>Food Is Fuel</b>	● <u>Lemon Chicken &amp; Veggie Pasta</u> <sup>03</sup>	● <u>Low Spike Tacos</u> <sup>04</sup>	● <u>Brownie Oatmeal</u> <sup>05</sup>	● <u>One-Pot Chicken &amp; Rice</u> <sup>06</sup>	● <u>Brownies</u> <sup>07</sup>
<b>WEEK 2</b>	<b>Hydration is Important</b>	● <u>Fall Pasta Salad</u> <sup>10</sup>	● <u>Chicken Tortilla Soup</u> <sup>11</sup>	● <u>Pancakes &amp; Fritata</u> <sup>12</sup>	● <u>Steak Kabobs</u> <sup>13</sup>	● <u>Chocolate Hazelnut Muffins</u> <sup>14</sup>
<b>WEEK 3</b>	<b>Importance of Snacks</b>	● <u>Power Bowl</u> <sup>17</sup>	● <u>Salmon Bowls</u> <sup>18</sup>	● <u>Breakfast Burritos</u> <sup>19</sup>	● <u>Sesame Chicken</u> <sup>20</sup>	● <u>Crispy Treats</u> <sup>21</sup>
<b>WEEK 4</b>	<b>Intuitive Eating</b>	● <u>Buffalo Mac n Cheese</u> <sup>24</sup>	● <u>Carnitas Tacos</u> <sup>25</sup>	● <u>Egg Sandwich</u> <sup>26</sup>	● <u>Oven Salmon Potatoes and Veggies</u> <sup>27</sup>	● <u>Cookie Dough Greek Yogurt Bars</u> <sup>28</sup>

## How does this work?

👉 Click on the meal to see the ingredients and how to make the meal.

● Enjoy a new meal Monday through Friday.





# November Recipe Calendar

## Weekly Themes



### WEEK 1

#### Food Is Fuel

Food is fuel for your body, it gives you the energy and nutrients you need to move, grow, and stay strong. Just like a car can't run without gas, your body can't perform at its best without the right foods. Eating balanced meals that include protein, healthy fats, complex carbohydrates, vitamins, and minerals helps your muscles recover, keeps your brain focused, and powers you through workouts, school, and daily activities. When you eat to fuel your body, you're not just satisfying hunger, you're giving yourself the tools to feel energized, think clearly, and stay healthy inside and out.

### WEEK 2

#### Hydration

Hydration is essential because your body needs water to function properly. Water helps regulate your temperature, keeps your joints and muscles working smoothly, and supports digestion and circulation. When you're active, you lose water through sweat, so drinking enough helps prevent fatigue, cramps, and overheating. Staying hydrated keeps your energy levels up, your mind sharp, and your body ready to perform at its best throughout the day.

### WEEK 3

#### Importance of Snacks

Healthy snacking is important because it keeps your energy steady between meals and helps your body get the nutrients it needs throughout the day. Choosing snacks with protein, fiber, and healthy fats, like fruit with nut butter or yogurt with granola, can boost focus, support muscle recovery. Smart snacking helps you stay energized, satisfied, and ready to learn, move, and play your best.

### WEEK 4

#### Intuitive Eating

Intuitive eating, which means paying attention to your body's natural hunger and fullness signals, is important because it helps you make food choices that meet your body's needs without following strict diets or rules. By tuning in to what your body truly needs, you can support energy, growth, and overall health while also feeling satisfied. Practicing intuitive eating encourages a positive relationship with food, reduces stress around eating, and promotes long-term wellness.

Check out the Trainer Hub for more resources

[CLICK HERE](#)

