



# CREATE A GROCERY GAME PLAN

## WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>BREAKFAST</b>	Apple Spice Oatmeal Low-fat milk	2 eggs whole grain toast sliced bell pepper Low-fat milk	Peanut Butter Cereal Bar Low-fat milk	Apple Spice Oatmeal Low-fat milk	2 eggs whole grain toast sliced bell pepper Low-fat milk	Peanut Butter Cereal Bar Low-fat milk	Apple Spice Oatmeal Low-fat milk
<b>LUNCH</b>	Tuna with mayo on whole grain bread with apple sliced	Peanut Butter on whole grain bread with carrots	Tuna with mayo on whole grain bread with apple sliced	Leftover Turkey Salad	Peanut Butter on whole grain bread with carrots	Leftover Zucchini Bake	Leftover homemade pizza
<b>DINNER</b>	Quick Chili Low-fat milk	Veggie Quesadilla Low-fat milk	Turkey Salad Low-fat milk	Zucchini Tomato Bake Low-fat milk	Clean Out the Fridge Night (leftovers)	Personal Pizzas Low-fat milk	Pumpkin Ricotta Stuffed Shells Low-fat milk
<b>SNACKS</b>	Banana Peanut Butter Air-popped popcorn	Cottage cheese canned pineapple	Banana Peanut Butter Air-popped popcorn	Cottage cheese canned pineapple	Banana Peanut Butter Air-popped popcorn	Cottage cheese bell pepper carrots	Whole grain toast with Peanut Butter

**NOTES: Kids: School Lunch Monday - Friday**

**Sunday: Prepare and cook meals (chili, cereal bars, turkey salad)**

**Tuesday: Prepare zucchini bake ingredients for Wednesday**



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## GROCERY LIST

### FRUITS

**2-5lb bags apples**

**12 bananas**

**2 cans pineapple chunks**

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### GRAINS

(BREADS, PASTAS, RICE, CEREALS)

**2 loaves 100% whole Wheat Bread**

**1 bag popcorn kernels**

**1 box rice cereal**

**18 oz old fashion oats**

**12-6" corn tortillas**

**6 english muffins**

**1 box jumbo pasta shells**

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### DAIRY

(MILK, YOGURT, CHEESE)

**2 gallons 1% milk**

**2 cottage cheese (24oz each)**

**2 pkgs shredded cheddar cheese**

**1 pkg shredded mozzarella cheese**

**15 oz fat-free ricotta cheese**

**8oz grated Parmesan cheese**

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### VEGETABLES

**2 Bell Peppers**

**5lb bag of carrots**

**5lb bag of onions**

**1 head of celery**

**1 head of lettuce**

**2lbs zucchini**

**4-14oz cans diced tomatoes**

**16oz bag of frozen corn**

**1 can pumpkin puree**

**29oz can of tomato sauce**

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### PROTEIN FOODS

(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

**1 can tuna**

**1/2 lb lean ground beef (90%)**

**15oz can kidney beans**

**15oz can black beans**

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### OTHER

**peanut butter\***

**low-fat mayonnaise\***

**brown sugar\***

**walnuts\***

**honey\***

**raisins\***

**cinnamon\***

**nutmeg\***

**chili powder\***

**garlic powder\***

**dried basil\***

**dried sage\***

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**NOTES:** \*double check pantry before heading to the store

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