# CREATE A GROCERY GAME PLAN

## WEEKLY CALENDAR

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Veggie Quiche Muffins Low-fat milk</td>
<td>Morning Muffins Low-fat milk</td>
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<td>Morning Muffins Low-fat milk</td>
<td>Apple Spice Oatmeal Low-fat milk</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Peanut Butter on whole grain bread with carrots</td>
<td>Tuna with mayo on whole grain bread with apple sliced</td>
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<td>Turkey Pumpkin Chili Low-fat milk</td>
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<tr>
<td><strong>DINNER</strong></td>
<td>Veggie Stew Low-fat milk</td>
<td>Turkey Pumpkin Chili Low-fat milk</td>
<td>Rice Bowl Southwestern Style Low-fat Milk</td>
<td>Leftovers Veggie Stew or Chili Low-fat milk</td>
<td>Chicken &amp; Black Bean Burritos Low-fat milk</td>
<td>Easy Meatballs with whole grain pasta Low-fat milk</td>
<td>Leftover Burritos or Meatballs Low-fat milk</td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
<td>Apples with Peanut Butter Air-popped popcorn</td>
<td>Whole grain crackers cheese banana</td>
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**NOTES:**

**Kids: School Lunch Monday - Friday**

**Sunday:** Prepare and cook meals (quiche, muffins, chili)
### CREATE A GROCERY GAME PLAN

#### GROCERY LIST

#### FRUITS
- 2- 5lb bags of apples
- 12 Bananas

#### GRAINS
- (BREADS, PASTAS, RICE, CEREALS)
- 2 loaves whole wheat bread
- 1 bag brown rice
- 1 box baking mix
- old fashion oats (18oz)
- 1 pkg 9” flour tortillas
- 1 box whole grain crackers
- 1 box whole wheat pasta

#### DAIRY
- (MILK, YOGURT, CHEESE)
- 2 gallons 1% milk
- 1 block pepper-jack cheese
- 2 pkg shredded cheddar cheese
- 2 blocks slicing cheese your choice

#### VEGETABLES
- 1 head of celery
- 5lb bag of carrots
- 5lb bag of onions
- 5lb bag of potatoes
- 2 green peppers
- 2 zucchini
- 1 bunch green onions
- 1 head of broccoli
- 3 plum tomatoes
- 1 can pumpkin puree
- 29oz can of tomato sauce
- 4-14oz cans diced tomatoes
- 1 can of crushed tomatoes
- 1 jar of salsa

#### PROTEIN FOODS
- (MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)
- 3 cans tuna
- 1 lb lean ground beef (90%)
- 15oz can kidney beans
- 15oz can great northern beans
- 15oz can black beans
- 4 boneless chicken breasts
- 1 dozen eggs
- 1 lb ground turkey

#### OTHER
- peanut butter*
- low-fat mayonnaise*
- sugar*
- walnuts*
- raisins*
- vegetable oil*
- chicken bouillion cubes*
- baking powder*
- italian seasoning*
- chili powder*
- baking soda*
- taco seasoning packet*
- cumin*
- vanilla*

#### NOTES:
*check pantry before going to the store

Check pantry for Cinnamon, garlic powder, brown sugar, and popcorn from week 1 menu