



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	Veggie Quiche Muffins Low-fat milk	Morning Muffins Low-fat milk	Veggie Quiche Muffins Low-fat milk	Morning Muffins Low-fat milk	Veggie Quiche Muffins Low-fat milk	Morning Muffins Low-fat milk	Apple Spice Oatmeal Low-fat milk
LUNCH	Peanut Butter on whole grain bread with carrots	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	Peanut Butter on whole grain bread with carrots	Tuna with mayo on whole grain bread with apple sliced	Turkey Pumpkin Chili Low-fat milk
DINNER	Veggie Stew Low-fat milk	Turkey Pumpkin Chili Low-fat milk	Rice Bowl Southwestern Style Low-fat Milk	Leftovers Veggie Stew or Chili Low-fat milk	Chicken & Black Bean Burritos Low-fat milk	Easy Meatballs with whole grain pasta low-fat milk	Leftover Burritos or Meatballs Low-fat milk
SNACKS	Apples with Peanut Butter Air-popped popcorn	Whole grain crackers cheese banana	Apples with Peanut Butter Air-popped popcorn	Whole grain crackers cheese banana	Apples with Peanut Butter Air-popped popcorn	Whole grain crackers cheese banana	Apples with Peanut Butter Air-popped popcorn

NOTES: Kids: School Lunch Monday - Friday

Sunday: Prepare and cook meals (quiche, muffins, chili)



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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 boullion 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