



# CREATE A GROCERY GAME PLAN

## WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>BREAKFAST</b>	Overnight oats with fruit Low-fat Milk	Rice bowl breakfast with fruit and nuts Low-fat milk	Overnight oats with fruit Low-fat Milk	Rice bowl breakfast with fruit and nuts Low-fat milk	Overnight oats with fruit Low-fat Milk	Rice bowl breakfast with fruit and nuts Low-fat milk	Overnight oats with fruit Low-fat Milk
<b>LUNCH</b>	Barley Lentil Soup	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	Leftovers
<b>DINNER</b>	Easy Manicotti Low-fat milk	My Personal Pizzas Low-fat milk	Turkey Cranberry Quesadilla Low-fat milk	Tuna Pasta Salad Low-fat milk	Clean Out the Fridge Night (leftovers)	Sesame Noodles with Broccoli and Chicken Low-fat Milk	Tortilla Casserole Low-fat Milk
<b>SNACKS</b>	Banana Peanut Butter Air-popped popcorn	Whole grain crackers cheese carrots	Banana Peanut Butter Air-popped popcorn	Whole grain crackers cheese carrots	Banana Peanut Butter Air-popped popcorn	Whole grain crackers cheese carrots	Banana Peanut Butter Air-popped popcorn

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

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# CREATE A GROCERY GAME PLAN

## GROCERY LIST

### FRUITS

**2- 5lb bags apples**

**12 bananas**

**1 pkg frozen berries**

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### GRAINS

(BREADS, PASTAS, RICE, CEREALS)

**2 loaves 100% Whole Wheat Bread**

**1 bag popcorn kernels**

**1 package brown rice**

**old fashion oats (18oz)**

**1 pkg 10" whole wheat tortillas**

**1 pkg english muffins**

**1 box macaroni pasta**

**1 box whole wheat spaghetti**

**1 box manicotti shells**

**1 box whole wheat crackers**

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### DAIRY

(MILK, YOGURT, CHEESE)

**2 gallons 1% milk**

**2 blocks cheese of your choice**

**1 pkg shredded cheddar cheese**

**2 pkg shredded mozzarella cheese**

**8oz low-fat yogurt**

**15oz low-fat ricotta cheese**

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### VEGETABLES

**1 head of celery**

**5lb bag of carrots**

**5lb bag of onions**

**2 green peppers**

**2 zucchinis**

**1 package frozen corn**

**1 package frozen broccoli**

**1 jar of salsa**

**29oz can of tomato sauce**

**1-14oz cans diced tomatoes**

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### PROTEIN FOODS

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

**4 cans tuna**

**1 package lentils**

**1 dozen eggs**

**1 pkg quick-cooking barley**

**1-15oz can black beans**

**1 lb chicken breasts**

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### OTHER

**peanut butter**

**chopped nuts (your choice)**

**vegetable oil**

**chicken broth**

**mayonnaise**

**sugar**

**soy sauce**

**rice vinegar**

**pasta sauce**

**sesame seeds**

**cinnamon**

**dried basil**

**dried oregano**

**dried thyme**

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**NOTES:** Check pantry for garlic powder from week 1 and 2 menus

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