



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	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
LUNCH	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
DINNER	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
SNACKS	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



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

2- 5lb bags apples

12 bananas

1 pkg frozen berries

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

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

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

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

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

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