



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	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
LUNCH	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
DINNER	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
SNACKS	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

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

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

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

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

OTHER

peanut butter*

low-fat mayonnaise*

brown sugar*

walnuts*

honey*

raisins*

cinnamon*

nutmeg*

chili powder*

garlic powder*

dried basil*

dried sage*

NOTES: *double check pantry before heading to the store
