



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	Peanut Butter Cereal Bars Low-fat Milk Sliced Apple	Veggie Quiche Muffins Low-fat milk	Peanut Butter Cereal Bars Low-fat Milk Sliced Apple	Veggie Quiche Muffins Low-fat milk	Peanut Butter Cereal Bars Low-fat Milk Sliced Apple	Veggie Quiche Muffins Low-fat milk	Peanut Butter Cereal Bars Low-fat Milk Sliced Apple
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	Leftovers Low-fat milk
DINNER	Easy Cheesy Enchiladas Low-fat milk	Garden Sloppy Joes Low-fat Milk	Kale and White Bean Soup Low-fat milk	No-Bake Tuna Casserole with Cooked Carrots	Clean out the Fridge Night (Leftovers) Low-fat milk	Skillet Corn Chowder with veggies & hummus	Scrambled eggs with veggies and whole wheat toast
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

Sunday: Prepare and cook meals (cereal bars, veggie muffins, kale soup)



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GROCERY LIST

FRUITS

2- 5lb bags of apple

12 bananas

GRAINS

(BREADS, PASTAS, RICE, CEREALS)

2 loaves 100% Whole Wheat Bread

1 bag popcorn kernels

1 box baking mix

old fashion oats (18oz)

1 pkg 9" Flour tortillas

1 bag rice cereal

1 bag egg noodles

1 pkg whole wheat hamburger buns

DAIRY

(MILK, YOGURT, CHEESE)

2 gallons 1% milk

1 pkg fat-free cream cheese

2 pkg shredded cheddar cheese

VEGETABLES

1 head of broccoli

5lb bag of carrots

5lb bag of onions

3 plum tomatoes

2 green peppers

1 bunch of kale

1 bunch green onions

1 bag frozen corn

1 can of sliced mushrooms

1 can cream-style corn

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)

4 cans tuna

1 lb lean ground beef (90%)

2 dozen eggs

15oz can white Beans

2-15oz can black beans

1 pkg hummus

OTHER

peanut butter

1 can enchilada sauce

1 package butter

small container BBQ sauce

raisins

cream of chicken soup

chicken boullion cubes

onion powder

mustard

1 can chicken broth

NOTES: Check pantry for garlic powder, Italian seasoning, honey, and mayo from week 1 and 2 menus
