

	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday Date:
Breakfast							
<i>Include at least 3 food groups</i>	English muffin breakfast sandwiches Sliced grapes Low-fat milk	Simple scrambled tofu Whole wheat tortillas Low-fat milk	Mini frittatas Whole wheat toast	Corn flakes Sliced bananas Diced almonds Low-fat milk	Oatmeal Sliced strawberries Diced almonds Low-fat milk	French toast Yogurt Sliced oranges	Scrambled eggs with leftover veggies Corn tortillas Low-fat milk
AM Snack							
<i>Include at least 2 food groups</i>	Banana peanut butter smoothie	Ricotta strawberry bagels	Oatmeal baked apple Low-fat milk	Sliced fruit with Peanut butter dip	Apple and cheese tortillas	Cereal bars Low-fat milk	Funny open-faced sandwich
Lunch							
<i>Include at least 3 food groups</i>	Tuna wraps	Hummus with pita and veggies Low-fat milk	Bulgur salad with beans and veggies	Lentil mango salad	Veggie and pasta salad	Salmon patties Whole wheat bun Lettuce, Tomato Low-fat milk	Corn and black bean salad with tortilla chips
PM Snack							
<i>Include at least 2 food groups</i>	Tzatziki dip with pita and veggies	Super fruit and veggie popsicles	Baked sweet potato fries with dip	Pita pizza	Fruit Dippers	Guacamole with chips and veggies	Grilled cheese sandwiches
Dinner							
<i>Include at least 3 food groups</i>	Stir-fried tofu with veggies and rice	Pasta and bean soup	Chicken tacos	Shakshuka Whole wheat toast	Chicken salad with peanut dressing Brown rice	Barley and lentil soup Whole wheat toast	Pasta primavera

GROCERY LIST						
Vegetables	Fruit	Grains	Protein	Dairy	Spices	Other
Avocado Bell pepper Broccoli (frozen) Cabbage Carrots Celery Cilantro Corn (Canned) Cucumber Jicama Kale Lettuce Red onion Snow peas (fresh or frozen) Spinach Sweet potatoes Tomatoes Zucchini	Apples Bananas Frozen mixed berries Grapes Lemon Lime Mandarin oranges, canned in 100% juice Mango Oranges Raisins Strawberries 100% Orange juice	Brown rice Bulgur English muffins Oatmeal Pearl barley Whole wheat bread Whole wheat buns Whole wheat tortillas Whole wheat bagel Corn Flakes cereal Crisp rice cereal Whole grain cereal	Canned tuna Canned salmon Chicken Chicken thighs Eggs Peanut butter Tofu Lentils Black beans Garbanzo beans Chopped almonds	Low-fat milk Ricotta cheese Plain Greek yogurt Plain yogurt Cheese	Cinnamon Chili powder Cumin Dried dill Onion powder Garlic or Garlic powder Paprika Pepper Salt Turmeric	Vanilla extract Oil (Olive oil, if possible) Butter Honey Mayonnaise Soy sauce Taco seasoning Tomato sauce Canned, diced tomatoes Chicken broth (or veggie) White vinegar Vinaigrette dressing Toothpicks