

	Breakfast	Lunch	Dinner	Snacks	Prep for Tomorrow	Grocery List
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Key/Notes:						

	Breakfast	Lunch	Dinner	Snacks	Prep for Tomorrow	Grocery List
Sunday	Whole wheat French toast with fresh fruit and nuts, pure maple syrup or honey	Lentil or bean soup with salad or carrot sticks and hummus dip	Baked chicken (whole or parts) brown rice, steamed broccoli and carrots drizzled with lemon and olive oil	Trail mix with orange slices		Grocery list 1 head of romaine lettuce 1 head of cabbage 1 bag of small carrots 1 carton of mushrooms Bunch of kale 1 onion 1-2 bell peppers 2-3 tomatoes Bunch of broccoli 1 stalk of celery Fresh seasonal fruit Salsa *avocado optional 1 tub of yogurt Eggs or tofu 1 chicken – whole or parts 4-6 pieces of fish 1 canister of Hummus (or chick peas for homemade) 1 package of ground turkey 1-2 cans of kidney beans 1-2 cans of black beans 1 bag of dried green lentils Nut butter Nuts – pecans, almonds, walnuts etc 1 bag of trail mix 1 bag of granola Steel cut oats Brown rice Pita bread Whole wheat tortilla Corn tortilla or corn chips with no trans fat Whole wheat bread 1 jar of applesauce Maple syrup or honey popcorn
Monday	Steel cut oats topped with fresh fruit and nuts (banana, walnuts, and cinnamon)	Vegetable quesadilla - Whole wheat tortilla folded over with black beans, broccoli, lettuce, and salsa tucked inside	Baked fish, sautéed kale and carrots. Dessert baked fruit with granola on top (cherries, pears, peaches, strawberries)	Pizza popcorn - Popcorn with olive oil, Italian seasoning, sea salt, paprika, garlic		
Tuesday	Fruit smoothie or plain yogurt with granola and fruit	Pita bread with hummus and kale tucked inside. Apple sauce with cinnamon or ginger spice	Corn tortillas topped with lettuce, tomatoes, kidney beans, sautéed onions and green peppers	Carrot or celery sticks with nut butter (peanut butter, almond butter, etc) or bean dip (hummus, black bean)		
Wednesday	Steel cut oats or oatmeal topped with fresh fruit and nuts (pears, pecans and raisins with nutmeg or ginger spice)	Fish tacos with cabbage, salsa, lettuce, avocado, and left over beans (kidney or vegetarian chili)	Pulled chicken leftover from Sunday, brown rice, sautéed cabbage. Dessert baked fruit with granola on top (cherries, pears, peaches, strawberries)	Trail mix with banana slices		
Thursday	Fruit smoothie or plain yogurt with granola and fruit	Lentil or bean soup with salad or carrot sticks and hummus dip	Ground turkey meatloaf with brown rice, mushroom gravy and green beans	Celery sticks with nut butter (peanut butter, almond butter, etc) or bean dip (hummus, black bean, kidney)		
Friday	Steel cut oats or oatmeal topped with fresh fruit and nuts (blueberries, almonds, with honey)	Pita pockets filled with veggie, and hummus and fruit	Nachos or corn tortillas topped with lettuce, tomatoes, kidney beans, sautéed onions and green peppers	Pizza popcorn - Popcorn with olive oil, Italian seasoning, sea salt, paprika, garlic		
Saturday	Scrambled tofu or eggs with onions, green bell peppers, or mushrooms and a fruit cup	Bean (kidney, black bean or black eye pea) or vegetarian chili with fresh salad	Ground turkey meatloaf with brown rice, mushroom gravy and green beans Fruit sorbet with fruit sauce topping.	Carrot stick, sliced bell peppers, cut zucchini serve with your favorite salad dressings or hummus dip		
Key/Notes: Taylor has soccer on Thursday – remember to take orange slices and almonds for snacks						