

Weekly Menu Plan- Back to Basics

Shopping List:

What pantry items or staples do we need?

- Canned broth: chicken and vegetable
- Canned beans pinto and garbanzo
- Frozen produce: mixed, broccoli & organic blueberries
- Healthy Oil: olive
- Cheese: cheddar and parmesan
- Milk: almond
- Eggs
- Potatoes
- Onions
- Garlic
- Spices and Condiments: salsa verde and tamari

Fresh For This Week:

- 1 protein: turkey
- 1 Grain brown rice
- 2 kinds of fruit: apple and banana.
- 1 fresh herb: cilantro
- 5 kinds of vegetables
 - 1 lettuce romaine
 - 2 red/orange vegetables: carrots and bell pepper
 - 2 green vegetables: spinach and zucchini

Breakfast, Lunch and Snacks

- lean ham
- corn or whole grain tortillas
- oatmeal
- rice crackers
- plain yogurt and honey
- Walnuts and almond butter

	Breakfast	Lunch	Dinner	Snacks
Sunday (shop/prep)	Whole grain French toast with honey yogurt sauce	Turkey taco salad	Whole grain pasta with Turkey Meatballs	Baked tortilla chips with salsa
Monday	Hot Cereal w/cinnamon apples & walnuts	Almond butter and banana sandwich	Build your own Veggie Pizzas (make roasted pepper sauce, save half for Friday)	Veggies and Yogurt "Ranch" Dip
Tuesday	Open faced egg, spinach and cheese sandwich on whole grain toast	Cheese and rice crackers with hummus Sliced apple	Bean and Cheese Enchiladas with Verde Sauce	Apple and Almond Butter Celery Boats
Wednesday	Hot Cereal w/bananas and almonds	Ham and Cheese Lettuce wraps with shredded carrots Banana	Turkey Chili Topped Baked Potatoes with all the fixings	Brown rice pudding
Thursday	Yogurt w/honey & blue berries, banana	Baked Tortilla Chips with 3 layer Bean Dip apple	Green Monster Potato Soup with Yogurt and Cheese	Homemade trail mix
Friday	Green eggs and Ham Tacos	Ham Fajita Quesadillas	Turkey Meatball Sandwiches with Roasted Peppers and Baby Kale Caesar Salad	Baked Chips and Salsa
Saturday	Brown rice pancakes with roasted banana sauce	Zucchini and Cheese Pizza Rolls	Thai Style Veggie and Turkey Fried Rice	Apple Almond Celery Boats