

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bfast	Bacon - 2 sl	Omelet - 2 eggs	Bacon - 2 sl	Omelet - 2 eggs	Bacon - 2 sl	Omelet - 2 eggs	Bacon - 2 sl
	Pancakes - 2 sl.	WW toast - 1 sl.	WW toast - 1 sl.	Pancakes - 2 sl.	WW toast - 1 sl.	WW toast - 1 sl.	WW toast - 1 sl.
	1C pears	1/4C spinach, 1/4C tomatoe	1C fruit cocktail	1/4C mushrooms, 1/4C bell pe	1C peaches	1/4C spinach, 1/4C tomatoes	1C pears
	1/2C Cottage Cheese	1/3C shredded cheese	1/2C Cottage Cheese	1/3C shredded cheese	1/2C Cottage Cheese	1/3C shredded cheese	1/2C Cottage Cheese
	1C Fat Free Milk	1C peaches	1C Fat Free Milk	1C Pears	1C Fat Free Milk	1C fruit cocktail	1C Fat Free Milk
		1C Fat Free Milk		1C Fat Free Milk		1C Fat Free Milk	
Lunch	Turkey - 2 oz	Peanut butter - 2 tbsp	Turkey - 2 oz	Peanut butter - 2 tbsp	Turkey - 2 oz	Peanut butter - 2 tbsp	Turkey - 2 oz
	Sandwich bread - 2 sl	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.
	1 slice cheddar cheese	carrot sticks with ranch	1 slice cheddar cheese	Carrot sticks w/ ranch	1 slice cheddar cheese	Sliced bell pepper w/ ranch	1 slice cheddar cheese
	1 c celery sticks w/ PB	1 small apple	Sliced bell pepper w/ ranch	1C grapes	Celery sticks w/ ranch	1 small orange	Carrot sticks w/ ranch
	1C grapes	Water	1 small orange	Water	1 small apple	Water	1C grapes
	Water		Water		Water		Water
Dinner	Chicken (baked) - 3 oz	Chicken (baked) - 3 oz	Spaghetti w/ meat sauce - 3 oz	Spaghetti w/ meat sauce - 3 oz	Ground beef taco - 3 oz	Ground beef taco - 3 oz	Pizza night - 2 sl
	Mashed potatoes - 1/2 c.	Mashed potatoes - 1/2 c.	Spaghetti - 1/2 c.	Spaghetti - 1/2 c.	2 soft taco shells	2 soft taco shells	(Pizza dough)
	1C green beans	1C broccoli	1C corn	1C green beans	1/4C tomatoes, 1/4C onion, 1/2C lettuce	1/4C tomatoes, 1/4C onion, 1/2C olives, 1/2C onions	1/2C olives, 1/2C onions
	Water	1/2C ice cream (vanilla)	1 small roll	1 small roll	1/3C shredded cheese	Water	1/3C shredded cheese
		Water	water	water	Water		Water
Snack	Popcorn - 3 c.	Ritz Crackers - 6	Ritz Crackers - 6	Popcorn - 3 c.	Ritz crackers - 6	Popcorn - 3 c.	Popcorn - 3 c.
	1C cucumber	1/2C carrots	1C sweet potato fries	1C cucumber	1C cucumber	1/2C carrots	1C sweet potato fries
	1/2C Plain Yogurt			1/2C Plain Yogurt		1C Plain Yogurt	
Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bfast	Omelet - 2 eggs	Sausage - 1 oz	Omelet - 2 eggs	Sausage - 1 oz	Omelet - 2 eggs	Sausage - 1 oz	Omelet - 2 eggs
	Pancakes - 2 sl.	WW toast - 1 sl.	WW toast - 1 sl.	Pancakes - 2 sl.	WW toast - 1 sl.	WW toast - 1 sl.	WW toast - 1 sl.
	1/4 C spinach 1/4 C tomatoe	1 Banana	1/4 C onions 1/4C bell pepper	1 Banana	1/4C spinach 1/4C tomato	1 Banana	1/4 Onions 1/4C bell pepper
	1C mandarin oranges	1C Fat Free Milk	1C mandarin oranges	1/2C Fat Free Milk	1C mandarin oranges	1C Fat Free Milk	1C mandarin oranges
	1C Fat Free Milk		1C Fat Free Milk		1C Fat Free Milk		1C Fat Free Milk
Lunch	Ham - 2 oz	Tuna salad - 2 oz	Ham - 2 oz	Tuna salad - 2 oz	Ham - 2 oz	Tuna salad - 2 oz	Ham - 2 oz
	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.	Sandwich bread - 2 sl.
	1 slice swiss cheese	1C pears	1 slice swiss cheese	1C pears	1 slice swiss cheese	1C pears	1 slice swiss cheese
	1C applesauce	1C carrots w/ ranch	1C applesauce	1C carrots w/ ranch	1C applesauce	1C carrots w/ ranch	1C applesauce
	6 Celery sticks w/ PB	1C Plain Yogurt	6 Celery sticks w/ PB	1C Plain Yogurt	6 Celery sticks w/ PB	Water	6 Celery sticks w/ PB
	Water	Water	Water	Water	Water		Water
Dinner	Chicken parmesan - 3 oz	Chicken parmesan - 3 oz	Baked tilapia - 3 oz	Baked tilapia - 3 oz	fajita chicken sheet pan - 3 oz	fajita chicken sheet pan - 3 oz	Pizza night - 2 sl
	Spaghetti - 1/2 c.	Spaghetti - 1/2 c.	Macaroni salad - 3 oz.	Macaroni salad - 3 oz.	Mexican Rice - 1/2 c.	Mexican Rice - 1/2 c.	(Pizza dough)
	1C green beans	1C corn	1C corn	1C green beans	1/3C shredded cheese	1/3C shredded cheese	1/3C shredded cheese
	1 small roll	1 small roll	1/2C Ice Cream	1/2C Fat Free Milk	1/2C bell pepper 1/2C onion	1/2C bell pepper 1/2C onion	1/2C olive 1/2C bell pepper
	8 oz water	8 oz water	Water	Water	Water	Water	Water

<i>Snack</i>	Popcorn - 3 c.	Saltine Crackers - 6	Saltine Crackers - 6	Popcorn - 3 c.	Saltine crackers - 6	Popcorn - 3 c.	Popcorn - 3 c.	
	1 Bell pepper w/ ranch	1 tbsp peanut butter	1 tbsp peanut butter	1/2 cucumber	1 tbsp peanut butter	1/2 cucumber	1 bell pepper w/ ranch	
SHOPPING LIST	1C pudding made w/ milk	1/2 cucumber	1 bell pepper w/ ranch	1C pudding made w/ milk	1 bell pepper w/ ranch	1C pudding made w/ milk		
BOTH WEEKS	Meat	Fruit	Vegetables	Grains	Dairy	Fluids		
	Bacon: 8 slices x 4 = 32 = 2 packages (3.99)	Fruit cocktail: 4 15oz cans	4 bags frozen spinach	Pancakes: 8 slices x 4 = 32 = 2 boxes	Fat Free Milk: 14cups x4=56 (3.5 gallons)	Water: 1 gallon/day per person; 14x4=56 gallons		
	Eggs: 12 eggs x 4 = 48 eggs = 3 (18) contains (1.48)	Peaches: 4 15oz cans	5 tomatoes	WW toast: 10 slices x 4 = 40 (2 loaves)	Sliced cheese: 8 slices x4=32 (3, 12 count packages sliced cheese)			
	Turkey sandwich meat: 8 oz x 4 = 32 oz = 2 containers (4.99)	6 15oz can pears	3 onions	Sandwich bread: 28 slices x 4 = 112 slices (6 loaves)	Shredded cheese: 1, 5lb bag			
	Ham sandwich meat: 8 oz x 4 = 32 oz = 2 containers (4.99)	2 48 oz can applesauce	6 bell peppers (variety of colors)	Mashed potatoes: 1 x 4 = 4 c. = 4 potatoes	Putting: 3C pudding x4= 12C (3, 4.5C instant jell-o boxes)			
	Chicken breasts (frozen) = 18 x 4 = 72 oz = 2 bags (8.99)	16 prepackaged cups mandarine oranges	3 8oz can mushrooms	Spaghetti: 2 c. x 4 = 8 c. cooked = 2 boxes	Yogurt: 4C x4= 8C (2, 32oz containers)			
	Tilapia fillet (frozen) = 6 oz x 4 = 24 oz = (1) 32 oz bag (6.99)	8 apples	3 bag carrots	Macaroni salad: 6 oz x 4 = 24 oz = 2 pre-made containers	Vanilla Ice Cream: 1 48oz container			
	Ground beef = 12 oz x 4 = 48 oz = 3 (1#) (4.29)	8 oranges	3 bags celery	Mexican rice: 1 c. x 4 = 4 c.	Cottage Cheese: 1, 24oz container			
	Canned tuna = 6 oz x 4 = 24 oz = (2) 12 oz cans (2.19)	12 Bananas	3 15oz can green beans	Soft taco shells: 4 x 4 = 16 ea.				
	Lite Mayo 30 oz (2.29)	2 bags grapes	4 bags frozen broccoli					
	Sausage - 2 packages	2 cans spaghetti sauce	4 bags frozen corn	Saltine crackers: 1 box; Ritz crackers: 1 box; Popcorn: 2 x 2 lb. bag				
	Peanut butter = 9 tbsp x 4 = 36 tbsp = (2) 16 oz jars \$1.50	1 large can pizza sauce	2 8oz can black olives	Small roll: 4 x 4 = 16 = 1 large bag				
	1 36oz ranch dressing		12 cucumbers	Pizza dough - 2 premade large				
			3 sweet potatoes					