Meals and Snacks to Prepare for the Week

(*Include dishes to prepare and ingredients to buy*)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meals | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday  | Sunday  |
| Breakfast |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |

Go-to-Quick-to-Fix Meals

(List your top 5 (or more) Go-to-Quick-to-Fix Meals)

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Foods & Ingredients Inventory and Shopping List**(circle or write in ingredients or stock items you need)

|  |  |  |  |
| --- | --- | --- | --- |
| **Dairy** | **Fruit**  | **Vegetables** | **Breads/Starches** |
| 2% milk | Apples | Lettuce, box | Whole wheat sandwich |
| Skim  | Bananas | Lettuce, other | Raisin (whole wheat) |
| Cottage cheese | G’fruit | Peppers | Tortillas (whole grain) |
| Yogurt, plain | Oranges | Mushrooms |  |
| Parm cheese | Mango | Red Onion | Brown rice |
| Jarlsberg | Berries (all types) | Onions | Couscous |
| Mont. Jack | Kiwi | Potatoes | Pasta |
| Cream cheese | Grapes | Cucumber | Other grains |
| Feta | Lemons/Limes | Carrots |  |
| Saga |  | Tomatoes |  |
| Other cheese |  | Celery | **Cereals** |
|  | **Other** | Cabbage, red | Life |
| Butter | Olives | Green vegs | Shredded Wheat |
|  Stick |  | Other vegs | Granola |
|  Tub |  | Beets | Oat bran |
| Eggs |  | Avocados | Oatmeal |

|  |  |  |  |
| --- | --- | --- | --- |
| **Canned/Pkged Goods** | **Frozen** | **Meats** | **Misc.** |
| Beans (all types) | Pizza | Cold cuts: ham/turkey | Coffee |
| Broth, chicken | Vegetables | Canned tunafish/salmon | Tea – Earl Grey |
| Soups |  Spinach | Fish  | Tea - Mint |
| Peanut butter |  Corn | Chicken/turkey |  |
| Jelly – Straw/Mint/Apricot |  Peas | Red meats | Salad dressing |
| Applesauce |  Edamame |  | Herbs/Spices |
| Dried fruit | Ice cream |  | Sauces/Seasonings |
| Tomato products | Fruit | **Dog Food** | Soy |
| Nuts (all types) |  | Dry dog food | Teriyaki |
|  |  | Dog biscuits | Mustard |
|  |  | Chewys | Ketchup  |