



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

Bananas _____
Blueberries _____
Apples _____

GRAINS

(BREADS, PASTAS, RICE, CEREALS)

Quinoa _____
Low Fat Graham Crackers _____
Flour or Corn tortilla shells _____

DAIRY

(MILK, YOGURT, CHEESE)

Low Fat Vanilla Greek Yogurt _____
Low Fat shredded cheese _____

VEGETABLES

Mixed Greens _____
Scallions _____
Tomatoes _____
Carrots _____
Sun Dried Tomatoes _____
Purple Cabbage _____
Green Peppers _____

PROTEIN FOODS

(MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

Grilled Chicken Fajita Strips _____
Chia Seeds _____
Walnuts _____

OTHER

Balsamic Vinaigrette _____
Cinnamon _____
Small plastic containers _____
Olive Oil _____
Pam cooking spray _____

NOTES:

Weekly Shopping Menu

Wednesday

Dinner: Grilled Chicken garden salad bowl & apple slices on the side

- Grilled Chicken Strips
- Mixed Greens
- Scallions
- Tomatoes
- Carrots
- Sun Dried Tomatoes
- Purple Cabbage
- Walnuts
- Shredded Cheese

Dessert: fruit/yogurt parfait

- Yogurt
- Blueberries
- Chia Seeds and Walnuts
- 1 whole Graham Cracker crumbled
- Cinnamon

Thursday:

Dinner: Grilled chicken strips & Quinoa/Scallion/walnut salad

- Grilled chicken strips cooked
- Quinoa
- Chopped scallions
- Chopped walnuts

Dessert: Smashed blueberries and yogurt graham cracker sandwiches

- Blueberries
- Yogurt
- 2 whole graham crackers

Friday:

Dinner: Grilled Chicken fajitas

- Grilled Chicken Strips
- Green peppers
- Scallions
- Tomatoes
- Purple cabbage
- Shredded mixed greens
- Shredded Cheese

Dessert: Nibbles Plate

- Apple slices
- 1 whole graham cracker
- smear of vanilla yogurt and cinnamon

Saturday:

Dinner: Chicken stir fry with side quinoa salad

- Grilled Chicken Strips
- Peppers
- scallions
- Carrots
- Purple cabbage

Dessert: Apple/Blueberry bake with graham cracker crumble

- Chopped apples and blueberries
- 1 whole graham cracker crumbled
- Top with Cinnamon
- dollop vanilla yogurt