



Here is your weekly breakdown of your food staples. You can look through the meal plan and then determine how much of these foods you will eat for that week. Write the quantities next to the food item so you will have your grocery list.

The other document is the recipes broken down into each week. Since some may be eating individually during the day, but eating with their family at night the recipes may have to be doubled based on the size of your family. This is why they are in their own document so that you can decide if you need to double the recipe or not.

Days 1-7**Quantity**

Strawberries
Orange
Apple
Peach
Blueberries
Raspberries
Pineapple
Carrots
Zucchini
Red Pepper sticks
Spinach
Mushrooms
Lettuce
Vegetables for Salads
Skim Milk
Eggs
Cottage Cheese
Yogurt
Almonds
Low fat mozzarella string cheese
Whole Wheat Waffle
Weight Control Oatmeal
Shredded Wheat
Whole Wheat Tortillas
Grape Nuts
Whole Wheat Bread
Chicken Breasts
96 % lean hamburger
Avocados
Shredded 2% Cheddar Cheese
Shredded 2 % Mozzarella Cheese
Brown Rice
Onion
Marinara Sauce
Cooking Oats
Whole Wheat Hoagie Buns
Enchilada Sauce
Top Round Steak
Broccoli
Szechuan stir fry sauce
Sesame Oil
Shredded Light Swiss cheese
Pineapple chunks
Whole Wheat Ziti

Fat Free Ricotta Cheese
Extra Lean Turkey Bacon
Tomatoes
Salmon Fillets
Lean Ham steak
Ground Chicken Breast
Fat free sour cream
Unsweetened Cherries
Mango Cubes
Rykrisp Rye crackers
Whole Wheat Pita Bread

Spices I need:

Days 8 – 14**Quantity**

Strawberries
Orange
Apple
Peach
Blueberries
Raspberries
Pineapple
Carrots
Zucchini
Red Pepper sticks
Spinach
Mushrooms
Lettuce
Vegetables for Salads
Skim Milk
Eggs
Cottage Cheese
Yogurt
Almonds
Low fat mozzarella string cheese
Weight Control Oatmeal
Shredded Wheat
Whole Wheat Tortillas
Grape Nuts
Whole Wheat Bread
Chicken Breasts
96 % lean hamburger
Shredded 2% Cheddar Cheese
Shredded 2 % Mozzarella Cheese
Brown Rice
Onion
Low fat, low sodium Beef Jerky
Extra Lean Turkey Bacon
London Broil
Sweet Potatoes
Broccoli
Egg Substitute
Cucumbers
Fat Free Feta Cheese
Whole Wheat English Muffin

Fat Free slices of American Cheese
Hummus
Red Plum Tomatoes
Marinara Sauce
Banana
Sugar free, fat free Hot fudge
Tuna in water
Alfalfa sprouts
Celery
Pork Loin Chops
Pineapple slices
Pork Loin Roast
London Broil
Mandarin Oranges
Rykrisp Light Rye Crackers
Green Beans
Blackberries
Low fat Mayo
Nonfat dressing
Turkey Sausage

Spices I need:

Days 15 -21**Quantity**

Strawberries
Orange
Apple
Peach
Blueberries
Raspberries
Pineapple
Carrots
Zucchini
Red Pepper sticks
Spinach
Mushrooms
Lettuce
Vegetables for Salads
Skim Milk
Eggs
Cottage Cheese
Yogurt
Almonds
Low fat mozzarella string cheese
Whole Wheat Waffle
Weight Control Oatmeal
Shredded Wheat
Whole Wheat Tortillas
Grape Nuts
Whole Wheat Bread
Chicken Breasts
96 % lean hamburger
Avocados
Shredded 2% Cheddar Cheese
Shredded 2 % Mozzarella Cheese
Brown Rice
Turkey Sausage
Salmon Fillets
Lemon
Asparagus spears
Roma Tomato
Onion
Sweet Potatoes
Low fat mayo
Nonfat dressing
Peeled Shrimp

Bibb leaves
Turkey Bacon
Goat Cheese Crumbles
Grapes
Celery
Tomato
Orange Juice
Cabbage
Ground Chicken Breast
Old Fashioned Oats
BBQ Sauce
Ham steak
Asparagus
Avocados
Honeydew Melon
Pineapple Chunks
Whole Wheat Pita Bread
Whole wheat English Muffin
Tuna in water

Spices I need:

Days 22 -30**Quantity**

Strawberries
Orange
Apple
Peach
Blueberries
Raspberries
Pineapple
Carrots
Zucchini
Red Pepper sticks
Spinach
Mushrooms
Lettuce
Vegetables for Salads
Skim Milk
Eggs
Cottage Cheese
Yogurt
Almonds
Low fat mozzarella string cheese
Whole Wheat Waffle
Weight Control Oatmeal
Shredded Wheat
Whole Wheat Tortillas
Grape Nuts
Whole Wheat Bread
Chicken Breasts
96 % lean hamburger
Avocados
Shredded 2% Cheddar Cheese
Shredded 2 % Mozzarella Cheese
Brown Rice
Nonfat dressing
Low fat mayo
Green Beans
Avocados
Tuna in water
Low fat, Low sodium Beef Jerky
Goat cheese crumbles

Pineapple
Old Fashioned Oats
Buffalo Wing Sauce
Ground Chicken Breast
Onion
Reduced Fat Blue Cheese
Top Round Roast
Sweet Potatoes
Turkey Breast Roast
Lean ground Turkey
Light sour cream
Chicken Broth
Ponzu sauce
Sesame oil
Grape Juice
Banana
Marinara Sauce
Corn Tortillas
Alaskan Pollack
Green Cabbage
Red Onion
Fat free chicken gravy
Unsweetened cherries
Mango cubes
Celery
Turkey Bacon
Turkey Sausage
Strawberry preserves
Whole wheat English muffin

Spices I need: