

Meal Plan

Grocery List

Day 1

B: Fried Eggs & Greek Yogurt
S1: Grapes
L: Paninis
S2: Bananas
Supper: Splurge Meal (Homemade Subs)

Day 2

B: Cereal & Apple
S1: Greek Yogurt & Berries
L: Salad
S2: Popcorn
Supper: Roast Beef, Peas, Slow Cooker Veggies

Day 3

B: Pancakes
S1: Bananas
L: Fruit Salad
S2: Apples
Supper: Stir-fry

Day 4

B: Fruit Salad
S1: Greek Yogurt & Berries
L: Hardboiled Eggs & Carrots
S2: Grapes
Supper: Meatloaf, Steamed Veggies & Salad

Day 5

B: Cereal
S1: Bananas
L: Couscous Mac & cheese
S2: Carrots
Supper: Chili

Day 6

B: Fruit Salad
S1: Grapes
L: Chili Salad
S2: Apples
Supper: Porkchops, Sweet Potato, Stri-fry

Day 7

B: Cereal & Hardboiled Eggs
S1: Greek yogurt & Berries
L: Leftovers
S2: Popcorn
Supper: Steak & Leftovers

Produce

Grapes
Bananas
Strawberries
Blueberries
Cantaloupe
Apples
Lettuce
Tomatoes
Cucumber
Celery
Carrots
Sweet Potatoes
Turnip
Peas
Broccoli
Cauliflower
Snap Peas
Asparagus

Protein

Eggs
Deli Meat
Roast Beef
Beef Strips
Hamburg x 2
Porkchops
Steak

Dairy

Greek Yogurt
Mayo
Cheddar Cheese
Milk

Grain

Bread
Cereal
Popcorn
Couscous

Extra:

Chili Ingredients
