



WEEKLY MEAL PLAN GROCERY LIST

Week ONE

Breakfast, Lunch, Dinner, & Snacks

Quantity needed is included for specific recipe needs only. Grocery list is for a family of 4.

Breakfast

- Cheerios
- Instant Oatmeal
- Yogurt
- Raspberries
- Blueberries
- Bananas
- Milk

Lunch

- Deli ham
- Deli turkey
- Sliced cheese
- Sweet pickle slices
- Spinach
- Tomatoes
- Xtreme Wellness Wraps
- Bread (Whole Grain)
- Peanut butter
- Jelly
- Bagged salad
- Cauliflower
- Cucumbers
- Carrots
- Ranch dressing
- Watermelon
- Apples
- Honey wheat pretzels
- Pretzel twists
- Granola bars

Dinner

- Pork chops, center cut
- Baking potatoes
- Mashed cauliflower
- Asparagus, fresh
- Broccoli crowns
- Chicken breast (1 lb.)
- Green pepper x2
- Red pepper x1
- Yellow onion x1
- Low carb tortillas
- Long grain rice
- Lettuce
- Fage 0% plain Greek yogurt
- Salsa
- 3-cheese tortellini
- 2 cans diced tomatoes (basil, garlic & oregano)
- 8 oz 1/3 less fat cream cheese
- 32 oz low sodium chicken broth
- 1 lb. ground Italian sausage (mild)
- Garlic bread

Snacks

- Crackers
- String cheese

Extras
