

[illegible]

Weekly Meal Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Grocery List
Breakfast: Crunchy berry parfait Lunch: Sunday Leftovers Snack: Celery and hummus Dinner: Chicken pesto pasta with zoodles	Breakfast: Crunchy berry parfait Lunch: Leftover chicken pesto pasta Snack: Grapes and cheese Dinner: Shrimp tacos with quinoa salad	Breakfast: PB banana smoothie Lunch: Leftover quinoa salad Snack: Orange and cheese Dinner: Chicken stir fry with brown rice	Breakfast: PB banana smoothie Lunch: Leftover stir fry Snack: Orange and cheese Dinner: X Salmon with broccoli and brown rice	Breakfast: Crunchy berry parfait Lunch: Deli bistro box (grapes, cherry tomatoes, crackers, orange, pecans) Snack: Apples and peanut butter Dinner: Out to eat	-vanilla greek yogurt -skim milk -apples -chicken breast -basil -tomatoes -zucchini -corn tortillas -cilantro -lime -grapes -mandarin oranges -cheese sticks -celery -carrots -hummus



Independence
HEALTH SYSTEM

LIFESTYLE COACHING

Meal Planning Plan of Action

Week of: _____

1. What is my food budget this week?
2. What am I in the mood for?
3. Are there any food banks I can utilize?
4. Where will I shop?

-What is on sale?

5. When will I shop? (write this on planner)

-How will I shop? In person or online?

6. When will I prepare the food? (write this on planner)
7. How will I stay organized and on-task?

Vegetables:

___ lettuce (romaine)
___ spinach
___ tomatoes
___ cucumbers
___ bell peppers
___ mushrooms
___ avocado
___ baby carrots
___ shredded carrots
___ celery
___ broccoli
___ zucchini or yellow squash
___ eggplant
___ kale, collards, greens
___ cauliflower
___ cabbage
___ shredded cabbage
___ fresh corn
___ herbs _____
___ onions
___ garlic
___ tomatoes
___ tofu
___ other _____

Fruits:

___ strawberries
___ raspberries
___ blueberries
___ bananas
___ apples
___ pears
___ peaches
___ nectarines
___ plums
___ watermelon
___ cantaloupe
___ honeydew
___ pineapple
___ oranges
___ grapefruit
___ lemons/limes
___ grapes
___ cherries
___ kiwi
___ other _____

Packages:

___ baked tortilla chips
___ whole-grain crackers
___ baked, whole-grain pita chips
___ brown rice or popcorn cakes
___ low-fat microwave popcorn
___ popcorn
___ other _____

Cereal:

(Look for whole-grain cereals with > 3g fiber and <10 g sugar per serving)
___ whole-grain cereals
___ old-fashioned oatmeal
___ other _____

Canned:

___ tomatoes
___ tomato paste
___ tomato sauce
___ black beans
___ pinto beans
___ cannellini beans
___ garbanzo beans
___ kidney beans
___ low-fat soup
___ chicken and vegetable broth
___ canned fruit in 100% fruit juice
___ unsweetened applesauce
___ no salt canned vegetables
___ tuna fish in water
___ salmon in water
___ salmon in vacuum packs
___ other _____

Dried:

___ assorted beans
___ lentils
___ quick cooking brown rice
___ long cooking brown rice
___ whole grain pasta
___ barley
___ dried fruit (no sugar added)
___ nuts (no added salt)
___ other _____

Baking and Dry Goods:

___ pure vanilla extract
___ baking powder
___ baking soda
___ cocoa powder
___ peanut butter
___ dried herbs _____
___ spices _____
___ canola or olive oil
___ no stick cooking spray
___ whole-wheat flour
___ white whole-wheat flour
___ whole-grain muffin mix

Condiments:

___ ketchup
___ mustard
___ relish
___ reduced sodium soy sauce
___ balsamic vinegar
___ rice vinegar
___ vinegar
___ Worcestershire sauce
___ low-fat mayonnaise
___ reduced calorie syrup
___ low-fat salad dressing
___ no sugar jam
___ other _____

Bread:

___ 100 % whole-wheat bread
___ whole-wheat pitas
___ low-fat corn tortillas
___ corn tortillas
___ Other _____

Dairy:

___ fat-free Greek yogurt
___ low-fat cheese
___ low-fat string cheese
___ low-fat shredded cheese
___ fat-free milk
___ Fat-free half and half cream
___ fortified soy milk
___ orange juice with calcium
___ non-fat ricotta cheese
___ parmesan cheese
___ other _____

Frozen:

___ veggie burgers
___ vegetable medley
___ peas with carrots
___ corn
___ frozen fruits
___ rice and stir-fry medley
___ chopped spinach
___ winter squash
___ Brussel sprouts
___ black-eyed peas
___ lima beans
___ chicken breast
___ salmon fillets
___ tilapia fillets
___ other _____

Meat/Poultry/Fish:

___ turkey breast
___ lean pork (tenderloin, loin)
___ extra lean (95%) ground beef
___ lean beef (tenderloin, top round)
___ chicken breast
___ fish
___ shrimp, shellfish
___ other _____