

## Grocery List - Schnucks

| Produce/Baked goods | Kosher/Foreign      | Snacks, Soda                 | Condiments             |
|---------------------|---------------------|------------------------------|------------------------|
|                     |                     |                              |                        |
|                     | Canned goods, Pasta | Baking, Beverages,<br>Spices | Cereal, Juice, Granola |
|                     |                     |                              |                        |
| Frozen              | Dairy               |                              | Baby/Other             |
|                     |                     |                              |                        |

## Grocery List - Whole Foods

| Produce/Baked goods | Kosher/Foreign      | Snacks, Soda                 | Condiments                 |
|---------------------|---------------------|------------------------------|----------------------------|
|                     |                     |                              |                            |
|                     | Canned goods, Pasta | Baking, Beverages,<br>Spices | Cereal, Juice, Granola     |
|                     |                     |                              |                            |
| Frozen              | Dairy               |                              | Baby, Toiletries, Cleaners |
|                     |                     |                              |                            |

## Menu for Week

| <u>Day of week</u>    | <u>Type of dish</u>       | <u>Dish to make</u>               | <u>Cookbook, page #</u> |
|-----------------------|---------------------------|-----------------------------------|-------------------------|
| n/a                   | Make-it-yourself          |                                   |                         |
|                       | Mexican                   |                                   |                         |
|                       | <u>Choose 2 out of 3:</u> |                                   |                         |
|                       | ☐ leftovers or meat       |                                   |                         |
|                       | ☐ Fake meat               |                                   |                         |
|                       | ☐ Beans                   |                                   |                         |
|                       | Pasta                     |                                   |                         |
|                       | Salmon                    |                                   |                         |
| <b>Friday night</b>   | Appetizers                | Salads, hummus<br>Fish?           | Green salad<br>Soup?    |
|                       | Main Dish                 |                                   |                         |
|                       | Veggie                    |                                   |                         |
|                       | Side(s)                   |                                   |                         |
|                       | Dessert                   |                                   |                         |
| <b>Saturday lunch</b> | Appetizers                | Salads, hummus<br>Fish?           | Green salad             |
|                       | Main Dish                 | Cholent?                          |                         |
|                       | Veggie                    |                                   |                         |
|                       | Side(s)                   |                                   |                         |
|                       | Dessert                   |                                   |                         |
| <b>Shalosh Suedos</b> | Main Dish                 | Tuna, egg salad, or chopped liver |                         |

## Lunch ideas for the boys

\* good for triplets, Gavin does not like

| Protein                                  | Veggie                               | Starch                 | Fruit     |
|--|--------------------------------------|------------------------|-----------|
| Nut butter and jelly sandwich            | Corn                                 | Pretzels               | Pineapple |
| Pita with hummus                         | Tomatoes                             | Puffs or other crunchy | Banana    |
| String cheese and baked beans            | Carrots (triplets prefer cooked)     | Crackers               | Apple     |
| Morningstar farm burger or chicken patty | Peas                                 | popcorn                | grapes    |
| Bagel with cream cheese                  | Broccoli (triplets prefer cooked)    |                        |           |
| American cheese *                        | Green beans                          |                        |           |
| Tuna salad on sandwich                   | Cauliflower (triplets prefer cooked) |                        |           |
| Leftovers *                              |                                      |                        |           |
|  |                                      |                        |           |