

## *Meal Calendar*

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SUPPER</b>
<b>SUNDAY</b>	Crustless Quiche	Pizza toppings	Salmon Fajitas
<b>MONDAY</b>	Turkey bacon deviled eggs	Lettuce wrap- deli turkey, Munster cheese, red onion, and spicy mustard	Beef and Cabbage
<b>TUESDAY</b>	Turkey bacon deviled eggs	Leftover beef and cabbage	Sweet Sriracha Chicken Wings
<b>WEDNESDAY</b>	Dannon Light n Fit Greek yogurt	Tuna salad with protein pretzels	Taco salad
<b>THURSDAY</b>	Protein Bar	Chicken Nachos	Tofu Scramble
<b>FRIDAY</b>	Turkey bacon	(Leftovers)	Spicy Cheddar Ranch meatballs
<b>SATURDAY</b>	Migas	(Leftovers)	Dutch Oven Roast and side salad

## Grocery List Spreadsheet

Meat	
	Chicken Breast
x	Chicken Wings
	Pork Chops
x	Chuck roast
X	Turkey sausage- 1/2 lb
	Roast
x	Turkey Bacon- 1lb
x	Ground Beef 1 lb
x	Salmon filet- 2 filets
x	Deli Meat- turkey (1/4lb)
x	Turkey Pepperoni
x	Eggs- 18 count
x	Tuna pack
x	Tofu

Dairy	
x	Shredded Cheese- Colby jack/mozzarella
x	Sliced Cheese
	String Cheese
x	Cottage Cheese
x	Cubed white cheddar
x	Low Fat Sour Cream
x	Dannon greek yogurt
x	Plain greek yogurt- indiv
x	Butter
x	Parmesan

Canned	
x	Black olives
x	Dill Pickles
x	Canned Chicken
x	Beef broth
x	Marinara Sauce
	Pesto
	Pinto Beans
	Tomato Sauce
	Tomatoes- Diced
	Tomatoes- Sundried
	White Beans

Spices	
x	Salt; Pepper
	Onion Powder
	Fresh/Dried Parsley
	Dried Oregano
	Garlic Powder/Salt
	Thyme
x	Paprika
x	Bay leaves
x	Chipotle powder
X	Cumin
x	Ranch packet

Condiments	
x	Olive oil
x	Mustard
x	Mayo
x	Spicy Mustard
x	Salsa
x	Lime Juice
x	Sriracha Sauce
x	Soy sauce

Frozen	
	Veggie Steamers
	Frozen Broccoli
	Frozen Mixed Veg
	Frozen Berries
	Sugar Free Popsicles

Misc.	
x	Grapeseed oil
x	Liquid Sweet 'N Low
x	Cooking spray
x	Guacamole
x	Protein Bars

Drinks	
x	Whiskey
	Crystal Light
	Powerade Zero

Produce	
	Asparagus
x	Avocado
	Broccoli
	Brussels Sprouts
x	Green Cabbage
x	Carrots-
	Cauliflower
	Celery
	Cherry Tomatoes
	Cucumber
	Eggplant
x	Garlic
x	Green Onions
	Green Beans
	Kale
x	Mushrooms
x	Red Onion x2
x	Bell peppers- green, red, yellow variety (x4)
x	White onion x2
x	Romaine lettuce
x	Kale/collard greens
	Spinach
	Sugar Snap Peas
	Squash
x	Tomato (x3)
	Zucchini
	Apples
	Bananas
	Blackberries
	Blueberries
	Grapes
	Kiwi
	Melon
	Oranges
	Peaches
	Pineapple
	Strawberries
	Jalapeño
	Jicama
x	Shredded red cabbage