

Grocery Check-list

Instructions: Take inventory of what is at the house already before shopping.

- ☐ 1.00 x's 1 banana | 1 Medium (7 inch to 7 1/2 inch) Banana
- ☐ 4.00 x's ounces | shredded cheese
- ☐ 4.00 x's wraps | 7-9 inch Whole Wheat Wraps
- ☐ 3.00 x's 1 slice | low fat provolone Cheese
- ☐ 1.00 x's 1 pound | Pork Chops
- ☐ 1.00 x's one onion | a Small Onion
- ☐ 0.13 x's 1 cucumber | 1 medium cucumber
- ☐ 4.99 x's tomatoes | medium tomatoes
- ☐ 1.00 x's 1 hotdog | Chicken Hot Dog
- ☐ 1.00 x's tablespoons | chili powder
- ☐ 0.60 x's cups | baby carrots
- ☐ 0.66 x's tablespoons | low-fat mayonnaise
- ☐ 1.00 x's 1 sprig | fresh cilantro leaf
- ☐ 0.25 x's 1 lime | a Lime
- ☐ 9.00 x's 1 slice | deli turkey
- ☐ 4.00 x's cup | romaine lettuce
- ☐ 0.25 x's 1 whole carrot | whole carrot
- ☐ 0.50 x's teaspoons | oregano
- ☐ 0.50 x's teaspoons | paprika
- ☐ 0.25 x's teaspoons | ground coriander
- ☐ 0.25 x's teaspoons | garlic powder
- ☐ 8.00 x's 1 tortilla | whole-wheat flour tortillas, about 8 inches in diameter
- ☐ 8.00 x's ounces | salsa
- ☐ 1.00 x's 6 Triscuits | Nabisco Triscuit Baked Whole Grain Wheat Reduced Fat
- ☐ 0.50 x's cups | peas
- ☐ 1.00 x's container | 5.3 ounce container of cottage cheese
- ☐ 2 eggs

9 gram slice fat free american cheese

1 teaspoon olive oil

1 slice whole wheat bread

1/2 banana

1/2 c. Skim Milk

1 c. Multigrain cheerios

2 tbsp. raisins

2 eggs

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1 slice whole wheat bread

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1/2 c. Skim Milk

1 c. Multigrain cheerios

2 tbsp. raisins

2 Eggs w/ Cheese | jelly toast | apple

1/2 c. Skim Milk

1 c. Multigrain cheerios

2 tbsp. raisins

1/2 c. Skim Milk

1 c. Multigrain cheerios

2 tbsp. raisins

Leftover Pizza

Sloppy Joe /w green pepper and onion /w salad

MEATBALLS:

1/3 cup bulgur

1/2 cup hot water

8 ounces ground turkey

1 medium onion, very finely chopped

2 large egg whites, lightly beaten

3 cloves garlic, very finely chopped

1 teaspoon dried oregano

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

1 cup fresh breadcrumbs, preferably whole-wheat (see Note)

SAUCE & SPAGHETTI:

4 cups prepared marinara sauce

1/2 cup slivered fresh basil leaves, or chopped fresh parsley

1 pound whole-wheat spaghetti, or linguine

1/2 cup freshly grated Parmesan (1 ounce)

Homemade Pizza with side salad

1 tablespoon vegetable oil

1 onion, chopped

1 (10 ounce) package frozen chopped spinach, thawed and drained 5 eggs, beaten 3 cups shredded Muenster cheese 1/4 teaspoon salt 1/8 teaspoon ground black pepper

Raisins

1 3-1/4 inch diameter apple