

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
- ☐ 3.00 x's wraps | 7-9 inch Whole Wheat Wraps
- ☐ 0.13 x's 1 cucumber | 1 medium cucumber
- ☐ 1.00 x's tomatoes | medium tomatoes
- ☐ 1.00 x's 1 hotdog | Chicken Hot Dog
- ☐ 2.66 x's tablespoons | low-fat mayonnaise
- ☐ 1.00 x's 1 sprig | fresh cilantro leaf
- ☐ 0.25 x's 1 lime | a Lime
- ☐ 2.00 x's tablespoons | vegetable oil
- ☐ 6.00 x's slices | turkey bacon
- ☐ 0.25 x's 1 whole carrot | whole carrot
- ☐ 1.00 x's 6 Triscuits | Nabisco Triscuit Baked Whole Grain Wheat Reduced Fat
- ☐ 0.50 x's cups | peas
- ☐ Nonstick cooking spray
- 1 (5-ounce) box or bag baby spinach, chopped
- 4 eggs
- 4 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 ounces shredded pepper jack cheese
- 1 avocado, sliced
- 4 whole-wheat tortillas
- Hot sauce
- 1/2 c. Skim Milk
- 1 c. Multigrain cheerios
- 2 tbsp. raisins
- 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 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
- Turkey & Cheese Wrap | peanuts | carrots
- Turkey & Cheese Wrap | peanuts | carrots
- Leftover Pizza
- Turkey & Cheese Wrap | peanuts | carrots
- 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
- Pretzels & PB