

# One Week Healthy Menu Plan

Day	Breakfast	Lunch	Dinner	Snack Ideas*	Groceries	
<i>Sunday</i>	<a href="#">Oatmeal Pancakes</a> Berries Syrup Canadian Bacon (optional)	<a href="#">Salmon Salad</a>  <a href="#">Veggie Egg Cup</a>	<a href="#">Slow Cooker Chicken Taco Soup</a>	Have individual or combinations servings of these items:  Almonds Apple Baby Bell Cheese Banana Banana Smoothie Berries Carrots Celery Cottage cheese Crackers whole grain 70% Dark chocolate Hummus Lightly salted nuts Mandarin Orange Pear Pecans Pepper Strips Pistachios Plain yogurt Popcorn with olive oil Protein Shake Roasted chickpeas Walnuts Granola	<b>This Week</b> 2 Avocados Spinach greens 1 Green Pepper 6 Roma tomatoes 4 small Cucumbers 2 small Red Onions 3 Onions Carrots 2 Red Peppers Mushrooms 8 cups spring mix 5 radishes Cherry tomatoes Frozen Peas 3-4 sweet potatoes 3-4 baking potatoes 1 bag slaw Grapes Arugula greens 1 pear 2 heads broccoli Celery  1 can tomatoes 1 can corn 1 can black beans 1 can kidney beans 1 can cannellini beans 8-ounce tomato sauce 1 can green chiles 1 jar pizza sauce  2 Salmon fillets 3 Chicken breasts 6 Cod fillets Bacon pieces 1 can tuna -5-9 ounces Smoked Salmon (lox)  8-10 Whole grain wraps Pizza Crust Granola Crackers Small corn tortillas  Feta Cheese Hummus 2 cups mozzarella	Plain Yogurt Sour cream Cheddar Cheese  <b>Staples</b> Milk Flour Oatmeal Oat bran Cereal Cornmeal Baking powder Baking soda Sugar Brown Sugar Salt Pepper Eggs Olive oil Maple syrup Ground flaxseed Walnuts Canned Black Olives Capers White vinegar Red wine vinegar Apple Cider Vinegar Lemon Juice Dijon mustard Minced Garlic Butter Peanut Butter  <b>Spices</b> Basil Oregano Taco Seasoning Rosemary Coriander Cayenne Paprika Cumin Cajun seasoning Chives  <b>Optional</b> Tortilla chips (soup) 1 can beer (soup) Lime (salmon tacos) Canadian bacon
<i>Meatless Monday!</i>	Veggie Egg Cup (leftovers) Toast with Avocado and Flaxseed	<a href="#">Hummus Veggie Wrap</a>	<a href="#">Veggie Pizza with Fresh mozzarella</a>  <a href="#">Mixed Green Salad</a>			
<i>Tuesday</i>	Oatmeal Pancakes (leftovers) Berries Syrup	Slow Cooker Chicken Taco Soup (leftovers)  Mixed Green Salad (leftovers)	<a href="#">Mediterranean Baked Cod</a> Peas <a href="#">Sweet Potatoes</a>			
<i>Wednesday</i>	Plain yogurt with grapes and granola	<b>Leftovers</b>	<a href="#">Fish Tacos with slaw</a>  <a href="#">Arugula and Pear Salad</a>			
<i>Thursday</i>	<a href="#">Oat Bran Cereal with fruit</a>	Fish tacos with slaw (leftovers)	<a href="#">Tuna with White Beans</a>  Arugula and Pear Salad (leftovers)			
<i>Friday</i>	<a href="#">Peanut Butter Overnight Oats</a>	<b>Leftovers</b>	<a href="#">Potatoes with Broccoli</a>			
<i>Saturday</i>	<a href="#">Salmon and Egg Tacos</a> Crackers and Hummus/Cheese	Raw Veggies and hummus – use up any remaining veggies or make a vegetable soup or veggie wrap or pizza  Grapes	<b>Leftovers or Dinner Out</b>			
<p><b>Notes:</b> Click on the links and select “go to hyperlink” to find the recipes. Please review the recipes before you do your shopping to see if you want to make any modifications and determine what food prep can be done beforehand. Highlight and purchase any of the snack foods, staples, spices and options. To make the recipes listed you will need all the ingredients listed under “this week”.</p>						