

The Healthy MenuMa

This is a quick and healthy menu checklist for the grocery store, for families who eat all types of food, with limited dietary restrictions. Save and reuse this checklist over and over. Note: Saturday is eat out day!



Sunday Dinner Mega Salad

- 1 head of lettuce
- tomatoes
- red onions
- sunflower seeds
- 1 pound of chicken
- Shredded cheese

Monday Dinner Avacado Turkey Burgers

- 2 pounds ground turkey
- 2 Avacados
- Hamburger buns
- Corn on the cob (side dish)

Tuesday Veggie Taco Dinner

- Corn tortillas
- Red and green peppers

Small potatoes

Frozen Corn

Tortilla chips

Wednesday Dinner Pasta

Spaghetti Sauce

Tomatoes

Pasta

Thursday Dinner Stir fry

Rice

Frozen veggies

Friday Frozen Pizza Dinner

2 frozen pizzas

Breakfast all week (hard boiled eggs and bananas)

1 dozen eggs

2 bundles of bannanas

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