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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