## 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 lettucetomatoesred onionssunflower seeds1 pound of chickenShredded cheese
## Monday Dinner Avacado Turkey Burgers

2 pounds ground turkey2 AvacadosHamburger bunsCorn on the cob (side dish)
## Tuesday Veggie Taco Dinner

Corn tortillasRed and green peppersFrozen CornTortilla chips
## Wednesday Dinner Pasta

Spaghetti SauceTomatoesPasta
## Thursday Dinner Stir fry

RiceFrozen veggies
## Friday Frozen Pizza Dinner

2 frozen pizzasBreakfast all week (hard boiled eggs and bananas)1 dozen eggs2 bundles of bannanas

