

SECTION 1: MEAL PLAN WITH SHOPPING LIST

Basic Menu Plan

The following chart will provide the basis for your meal plan, and it uses items that you will receive in your weekly boxes from the Foodbank. It is designed to provide a properly balanced diet while allowing for some personal choice. The following sections on breakfast and snacks will complete your meal plan.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Monday	Soup	LG Chili or Pork & Bean	Ramen Noodles	Soup
		Tomatoes	Beans	
Tuesday	LG Chili or Pork & Bean	Tuna Fish	Meat	Meat
	Other Vegetable	Other Vegetable		Other Vegetable
Wednesday	Tuna Fish	Meat	Mac & Cheese	Soup
	Fruit	Beans	Refried Beans	Fruit
Thursday	Meat	Mac & Cheese	Ramen Noodles	Chili or Pork & Bean
	Beans	Fruit	Other Vegetable	Corn
Friday	Mac & Cheese	Meat	Soup	Tuna Fish
	Tomatoes	Meat	Fruit	
Saturday	Meat	Soup	LG Chili or Pork & Bean	Mac & Cheese
	Corn		Corn	Beans
Sunday	Soup	Hamburger Helper	Meat	Spaghetti
	Potatoes	Corn	Rice	Pie Filling

Breakfast Ideas

A productive day begins with a proper breakfast. It is the nutritional kick-in-the-pants that you need to get the initial energy boost that is necessary in facing the toils of everyday living. A healthy breakfast filled with protein and fiber should keep you full until lunch.

- 1/2 cup of oatmeal with 1/2 cup fresh fruit and 8 oz. of low-fat milk (42 g CHO)
- Breakfast smoothie using 1 cup strawberries, 3 oz. yogurt, 1/4 cup orange juice, and a squeeze of honey (~42 g CHO)
- 2 slices whole-wheat toast topped with sugar-free jam, scrambled eggs, and 1/2 cup of fresh fruit (45 g CHO)
- 3/4 cup cold cereal with 1/2 cup skim or low-fat milk and 8 oz. of orange juice (51 g CHO)
- 2 whole-wheat waffles topped with 1 cup of fresh fruit (56 g CHO)
- 1 whole-wheat English muffin with 1 slice of cheese, 1 slice of Canadian bacon, and egg with 8 oz. of low-fat milk (42 g CHO)
- Toasted whole-wheat peanut butter and sugar-free jam sandwich with 8 oz. orange juice (60 g CHO)
- 1 Whole-grain bagel with 2 Tbsp. cream cheese and 1/2 cup orange juice (50 g CHO)

Snack Ideas

No one is fully productive on an empty stomach. Here are some ideas to get a quick morsel in your stomach to keep you going between meals:

- 1/2 cup of frozen grapes (15 g CHO)
- Apple with 2 Tbsp. peanut butter (15 g CHO)
- 1 cup raw veggies with Ranch light dressing (8 g CHO)
- 1/2 cup fresh fruit (15 g CHO)
- String cheese (0 g CHO)
- 1 cup low-fat cottage cheese with 1/4 cup sliced pineapple (19.5 g CHO)
- 1 container of low-fat yogurt (16 g CHO)
- 5 whole-grain crackers with 5 cheese slices (15 g CHO)
- 1-3 oz. unsalted mixed nuts (1 oz.=5 g CHO)
- 1 whole-grain granola bar (~15 g CHO)

- Cheese and baby spinach wrapped in turkey or ham slices (almost 0 g CHO)
- Small smoothie (see recipe)
- 1/2 cup of unsweetened applesauce (15 g CHO)
- 3 cups of light popcorn (15 g CHO)
- 1 hardboiled egg (0 g CHO)
- 2 rice cakes spread with 1 Tbsp. of peanut butter (16 g CHO)
- 2 Tbsp. of raisins (15 g CHO)
- 1/2 cup of dry whole-grain cereal (15 g CHO)

Additional Items Shopping List

Below is a list of optional items you may obtain from most supermarkets. These are things that are not regularly given out at the Foodbank, but will make for tastier meals, and are required for some of the recipe ideas included in this guide. (Note: while these items are not part of the boxes, the Foodbank may offer some of the items on this list from time to time).

- 1 package bacon
- 3 onions
- 1 small bottle of Worcestershire sauce
- 1 small can of dry mustard
- 1 package brown sugar
- 1 small bottle of catsup
- 1 container of garlic salt
- Pepper
- 1 bottle of canola or vegetable oil
- 1 small bottle of vinegar
- 1 bottle of honey
- 1 container of dried basil
- 7 cloves of garlic
- 1 package of low-sodium chicken broth
- 1 bottle of extra virgin olive oil
- Salt
- 1 package of your choice of frozen vegetables
- 1 small container of dry rosemary
- 1 package of taco seasoning mix
- 1 head of lettuce
- 2 tomatoes
- 1 package of shredded cheese
- 1 bag of tortilla chips

- 1 jar of salsa
- 2 boxes of instant brown rice
- 2 cans of black beans
- 1 package of whole-grain pasta
- 1 bag of frozen peas
- 1 stalk of celery
- 1 small bottle of balsamic vinaigrette
- 1 tub of low-fat or Greek yogurt

The following additional items are needed for the vegetarian section:

- 1 (16 ounce) package of fresh mushrooms
- 1 (8 ounce) package of fresh mushrooms
- 1 package of frozen broccoli
- 1 large package of vegetable broth
- 1 (14 ounce) can of vegetable broth
- 1 (8 ounce) carton reduced-fat sour cream
- 1 carton of fat-free half-and-half cream
- 1 carton light plain soymilk
- 1 package shredded sharp cheddar cheese
- 1 package of stick butter
- 1 bag of carrots
- 1 package of golden raisins
- 1 container of curry powder
- 1 small bag of slivered almonds

