

MENU PLAN — WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Teriyaki Salmon</p> <p>Steamed Snap Peas</p> <p>Quinoa</p>	<p>Kale & Chickpea Soup</p> <p>Chicken with BBQ sauce & Root veggies</p> <p>Challah</p>	<p>Butternut Squash & Cauliflower Curry</p> <p>Whole wheat couscous</p>	<p>Hearty Minestrone</p> <p>Whole wheat Pizza</p>	<p>Taco Shepherd's Pie</p> <p>Green Salad</p>	<p>Leftover minestrone</p> <p>Pasta with Roasted Veggies</p>	<p>Minced Turkey with mixed veggies</p> <p>Oven jasmine rice</p>
Dessert						
<p>Sliced Canary Melon</p>	<p>Apple Crisp</p>	<p>Frozen Yogurt & Berries</p>	<p>Fruit Salad</p>	<p>Fruit Smoothies</p>	<p>Mixed Melon Bowl</p>	<p>Strawberries</p>

Fruits

- Apples-8
- Apricots
- Bananas
- Berries
- Cherries
- Grapes
- Grapple
- Lemon-2
- Limes
- Mango
- Cantaloupe
- Honeydew
- Canary Melon
- Nectarines
- Oranges
- Peaches
- Pears-2
- Pineapple
- Plums
- Pluots
- Strawberries-2 pkgs
- Watermelon
- Blueberries 1 pkg
- _____
- _____

Vegetables

- Artichokes
- Asparagus
- Baby cut carrots
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant-1
- Garlic-2 heads
- Green Beans
- Lettuce
- Mushrooms-8oz
- Okra
- Onions (5-6 large)
- Parsnips 2 pkgs
- Red Pepper-2
- Green Pepper
- Orange Pepper
- Yellow Pepper-1
- Potatoes-6 lbs
- Radishes
- Rosemary

- Scallions-1bunch
- Spinach
- Squash-Butternut
- Sweet Potatoes-1
- Thyme
- Tomatoes
- Zucchini-2
- Snap peas -1 lb
- Kale
- Ginger

Herbs

- Basil
- Dill
- Parsley
- Cilantro
- Mint
- _____
- _____
- _____
- _____

Dairy

- Butter
- Cheese
- Cottage Cheese
- Cream
- Cream Cheese
- Eggs
- Margarine
- Mascarpone
- Milk
- Sour Cream
- Yogurt
- Cheese sticks
- Low fat PLAIN yogurt
- Shredded mozzarella
- Parmesan

Breads

- Baguette
- Burger buns
- Hot dog buns
- Pita
- Tortillas
- Whole Wheat Bread
- White Bread
- _____
- _____

Beverages

- Bottled Water
- Coffee
- Apple Juice

- Grape Juice
- Orange Juice
- Juice boxes
- Soft Drinks
- Sports Drinks
- Tea
- Hot Chocolate
- _____
- _____
- _____
- _____

Baking Goods

- Baking Powder
- Baking Soda
- Biscuit Mix
- Breadcrumbs
- Brown Sugar
- Brownie Mix
- Cake Mix
- Cornstarch
- Unbleached Flour
- Whole wheat Flour
- Pancake Mix
- Premade Pie crust
- Sugar
- Yeast
- Icing
- Birthday Candles
- Sprinkles
- Food Colouring
- Chocolate Chips
- Baking Chocolate
- Muffin Mix
- Shortening
- Pie Filling
- Sesame seeds
- _____
- _____
- _____
- _____

Canned Goods

- Baked Beans
- Asparagus
- Carrots
- Cherries
- Corn
- Green Beans
- Mixed Fruit
- Peaches
- Peas

- Pineapple
- Salmon
- Tuna
- Whole Tomatoes
- Diced Tomatoes 2 x 28oz
- Chickpeas 1x 15oz & 1 x 28oz
- Kidney beans
- Pinto beans
- Fava Beans
- Stewed Tomatoes
- Lentils
- Tomato Paste
- Tomato Puree
- Tomato Sauce
- Flavoured Tomato Sauce
- Canned Pumpkin
- Pie filling
- Canned Soup
- _____
- _____
- _____
- _____

Condiments

- Canola Oil
- Olive oil
- Non-stick spray
- Vinegar
- Red wine vinegar
- Balsamic vinegar
- BBQ sauce
- Honey
- Horseradish
- Jam
- Ketchup
- Mayonnaise
- Chili Sauce
- Mustard
- Maple Syrup
- Chocolate Syrup
- Peanut Butter
- Soy nut butter
- Salad dressing
- Salsa
- Soya sauce
- Worcestershire sauce
- VH Stir Fry Sauce_____
- VH Jarred sauce_Teriyaki_____
- Hot sauce

