

# 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

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☐ 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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