



Eating Well But Cooking Less





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WEEK 1

WEEK 1 AT A GLANCE

WEEK 1 SHOPPING LIST

Day 1

Breakfast - Pancakes

Lunch - Chicken Quesadillas

Dinner - Meatloaf Muffins

Day 2

Breakfast - Instant Cocoa Mix and
Cinnamon Toast Strips

Lunch - Tortilla Pinwheels

Dinner - Easy Chili

Day 3

Breakfast - Spicy Oatmeal

Lunch - Potato Soup Mix

Dinner - Chicken Stir Fry

Day 4

Breakfast - Abba Zabbas

Lunch - Easy Coleslaw

Dinner - Skillet Lasagne

Day 5

Breakfast -

Pumpkin Orange Muffins

Lunch - Refried Bean Dip

Dinner -

Sour Cream & Ham Hot Potatoes

Day 6

Breakfast - Breakfast Bars

Lunch - Tuna Salad Sandwich

Dinner - Mini Pizzas

Day 7

Breakfast - Scrambled Eggs

Lunch -

Baked Potato with Cheesy

Vegetables

Dinner -

Potato Chip Chicken Fingers

WEEK 2

WEEK 2 AT A GLANCE

WEEK 2 SHOPPING LIST

Day 1

Breakfast - French Toast Sticks

Lunch - Asian Beef and Noodles

Dinner - Chicken Spinach Salad

Day 2

Breakfast - Skillet Granola

Lunch - Tuna Pasta Salad

Dinner - Calico Beans

Day 3

Breakfast - Peanut Butter Toast

Lunch - Leftover Calico Beans

Dinner - Honey-Walnut Salmon

Day 4

Breakfast - Whole Wheat Waffles

Lunch -

Cottage Cheese Potato Salad

Dinner - Taco Macaroni

Day 5

Breakfast - Cold Cereal

Lunch -

Leftover Taco Macaroni

Dinner - Pork Chops

Day 6

Breakfast - English Muffins

Lunch - Veggie Burritos

Dinner -

Oven Fried Chicken Nuggets

Day 7

Breakfast - Breakfast Burritos

Lunch - Hot Chicken Sandwiches

Dinner - Skillet Pork 'n' Beans



WEEK 3

WEEK 3 AT A GLANCE

WEEK 3 SHOPPING LIST

Day 1

Breakfast -
Eggs in a Bread Basket
Lunch - Black Bean Quesadillas
Dinner - Hamburger Stroganoff

Day 2

Breakfast - Instant Oatmeal
Lunch - Grilled Cheese Sandwich
Dinner - Oven Fried Potatoes

Day 3

Breakfast - Cinnamon Toast Strips
Lunch -
Leftover Hamburger Stroganoff
Dinner - Sloppy Joe's

Day 4

Breakfast - Cold Cereal
Lunch - Sunshine Salad
Dinner - Chef Salad

Day 5

Breakfast - Bagels
Lunch - Deli Meat Sandwich
Dinner - Baked Ham

Day 6

Breakfast -
Breakfast Banana Split
Lunch - Chicken Salad
Dinner - Skillet Tuna Casserole

Day 7

Breakfast -
Overnight Egg Casserole
Lunch - Hamburgers
Dinner - Chicken Fried Rice

WEEK 4

Week 4 at a Glance

Week 4 Shopping List

Day 1 72

Breakfast - Cinnamon Biscuits
Lunch - Broccoli Cheddar Soup
Dinner - Hawaiian Pork Chops

Day 2

Breakfast - Cold Cereal
Lunch - Chick Pea Pita
Dinner - Easy Egg Skillet

Day 3

Breakfast - Cranberry Scones
Lunch - Garden Pizzas
Dinner -
Chicken, Black Bean and Mango
Salad

Day 4

Breakfast - Fruit Salsa
Lunch - Make Your Own Wraps
Dinner - Hot Ham and Noodles

Day 5

Breakfast - Cinnamon Chips
Lunch - Turkey, Avocado & Tomato
Sandwiches
Dinner -
Chicken Enchilada Casserole

Day 6

Breakfast - English Muffins
Lunch - Fruity Spinach Salad
Dinner - Steak

Day 7

Breakfast - Cheesy Grits
Lunch - Asian Noodle Slaw
Dinner -
Slow Cooker Italian Beef Stew



SNACKS

Fruit/Granola Parfait

Noisy Nibble Mix

Easy Peach Crisp

Pudding Fruit Cup

Super Yogurt

RECIPE BASICS

Basic Rice