Eating Well But Cooking Less
### 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

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### 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
- 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
<table>
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<tr>
<th>SNACKS</th>
<th>RECIPE BASICS</th>
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<tbody>
<tr>
<td>Fruit/Granola Parfait</td>
<td>Basic Rice</td>
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<td>Noisy Nibble Mix</td>
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<td>Easy Peach Crisp</td>
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<td>Pudding Fruit Cup</td>
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<td>Super Yogurt</td>
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