

Meal Plan - 2/11- 2/17							
		Breakfast - 7am	Snack - 10am	Lunch - 1pm	Snack - 4pm	Dinner - 7pm	
Sat	2/11	Oatmeal berries	1 cup yogurt w/ granola	turkey sandwich	1/2 cup blueberries	ckn & spinach enchiladas	teaching
Sun	2/12	egg white omlet w/ spinich	apple 1/4 cup almonds	southwest chicken salad	string cheese	bean soup	LifeGroup
Mon	2/13	low fat yogurt smoothy	hummus carrot/celery	tuna salad	1/4 cup almonds	broiled fish, swt pot, veg	Wrestling
Tues	2/14	hardboiled egg, tst, grpfruit	pear 1/4 cup sunflower	grilled chicken	string cheese	turkey burger (buns and FF)	
Wed	2/15	Oatmeal berries	1 cup yogurt w/ granola	turkey sandwich	watermelon	chicken stir-fry w/brwn rice	Wrestling
Thu	2/16	egg white omlet w/ spinich	apple 1/4 cup almonds	southwest chicken salad	string cheese	fish tacos (hb for kiddos)	
Fri	2/17	low fat yogurt smoothy	hummus carrot/celery	tuna salad	1/4 cup almonds	turkey burger (buns and FF)	tumbling

Stockpile/on hand

Need to buy

sliced cheese (1/2 package)	FREE	fish	\$5.99
oatmeal (1/4 of a box)	\$0.37	watermelon	\$2.99
cereal(\$.38 - \$.88 a box)	\$0.60	blueberries	\$2.99
Chicken	\$3.32	grapefruit	\$1.00
grnd beef *Hannaford Sale*	\$1.00	pear	\$1.00
Turkey burger	\$1.99	apple	\$1.00
8) yogurts 1/2 snacks	\$3.04	string cheese 1/2 bag	\$1.50
granola	\$1.00	spinach	\$0.99
hummus	\$1.00	salad mix	\$1.99
carrots and celery	\$1.99	bean soup	\$1.00
almonds	\$1.00	lettuce	\$1.99
Bread (Shaw's markdown)	\$0.25	tomato	\$2.99
ham (Hannaford coupon)	FREE	sweet pot	\$1.00
turkey (hannaford coupon)	FREE		\$26.43
3) froz veggies	\$1.14		
shredded cheese	\$2.00		
salsa	\$0.75	Total without Snacks	\$29.90
	\$19.45		