

## Meal Plan - 2/25- 3/2

		<b>Breakfast - 7am</b>	<b>Snack - 10am</b>	<b>Lunch - 1pm</b>	<b>Snack - 4pm</b>	<b>Dinner - 7pm</b>	
<b>Sat</b>	<b>2/25</b>	Steel Oats w/Tbl Brn Sugar w/grapefruit	orange/sunflower	salad /wraps	1 cup yogurt w/ granola	broiled cod and veggie	
<b>Sun</b>	<b>2/26</b>	Pumpkin granola muffin w/grapefruit	apple 1/4 cup pistachios	salad /wraps	string cheese	Chicken/Steak/shrimp	<b>LifeGroup</b>
<b>Mon</b>	<b>2/27</b>	low fat yogurt smoothy	pineapple & pistachios	salad /wraps	hummus carrot/celery	turkey burgers	<b>Wrestling</b>
<b>Tues</b>	<b>2/28</b>	egg white omlet w/ spinach	pear 1/4 cup almonds	salad /wraps	string cheese	pork w/ pomegranate sauce	
<b>Wed</b>	<b>2/29</b>	Steel Oats w/Tbl Brn Sugar w/grapefruit	apple 1/4 cup pistachios	salad /wraps	1 cup yogurt w/ granola	Chicken Satay	<b>Wrestling</b>
<b>Thu</b>	<b>3/1</b>	low fat yogurt smoothy	pineapple & pistachios	salad /wraps	string cheese	Coleman Cattatori	
<b>Fri</b>	<b>3/2</b>	egg white omlet w/ spinach	pear 1/4 cup almonds	salad /wraps	hummus carrot/celery	chicken Stir-fry	<b>tumbling</b>

### Stockpile/on hand

### Need to buy

sliced cheese (1/2 package)	<b>FREE</b>	pomegranate	<b>\$2.00</b>
steal oats (1/4 of a box)	<b>\$0.37</b>	pineapple	<b>\$2.99</b>
pumpkin muffins (homemade)	<b>FREE</b>	grapes	<b>\$1.99</b>
Chicken	<b>\$2.99</b>	grapefruit	<b>\$1.00</b>
pork	<b>\$2.00</b>	pear	<b>\$1.00</b>
Turkey burger	<b>\$1.99</b>	apple	<b>\$1.00</b>
32 oz Vanilla yogurt	<b>\$3.00</b>	string cheese 1/2 bag	<b>\$1.50</b>
granola	<b>\$1.00</b>	spinach	<b>\$0.99</b>
hummus	<b>\$1.00</b>	salad mix	<b>\$1.99</b>
carrots and celery	<b>\$1.99</b>	stirfry veggies	<b>\$1.00</b>
almonds	<b>\$1.00</b>	lettuce	<b>\$0.99</b>
cod	<b>\$1.98</b>	tomato	<b>\$2.99</b>
wraps	<b>\$2.99</b>	Shrimp	<b>\$3.00</b>
turkey (hannaford coupon)	<b>FREE</b>		<b>\$22.44</b>
3) froz veggies	<b>\$1.14</b>		
shredded cheese	<b>\$1.00</b>		
salsa	<b>FREE</b>	Total without Snacks	<b>\$29.91</b>

**\$22.45**