



Meals for the week of June 11 2017

<p>Breakfast (don't forget a fruit and/or veggie and some protein)</p> <ul style="list-style-type: none"> • Eggs + veggies + cheese • Fruit + yogurt or cottage cheese • Bagel + cream cheese + peppers and spinach <p>Lunch / Dinner</p> <ul style="list-style-type: none"> • Turkey and pepper quesadilla • Cheeseburger mac • "Thai" beef bowls • Chicken salad in lettuce cups <p>Snacks (don't forget to include some fruits/veggies and make portable snacks if you need them on the go)</p> <ul style="list-style-type: none"> • Yogurt • Frozen yogurt popsicles • Cheese and apples • Trader Joe's dried fruit bars • Protein brownies 	<p>Groceries Needed:</p> <p>Fruits & Veggies</p> <ul style="list-style-type: none"> <input type="checkbox"/> apples <input type="checkbox"/> strawberries <input type="checkbox"/> other fresh fruit <input type="checkbox"/> red peppers <input type="checkbox"/> spinach/box of greens <input type="checkbox"/> frozen peas <input type="checkbox"/> lemons <p>Meat & Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> ground beef <input type="checkbox"/> cheddar/gouda <input type="checkbox"/> goat cheese <input type="checkbox"/> cream cheese <input type="checkbox"/> eggs <input type="checkbox"/> 5 individual yogurts <input type="checkbox"/> cottage cheese <p>Grains & Other "Center of the Store" Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> brown rice tortillas <input type="checkbox"/> bagels <input type="checkbox"/> mayo or salad dressing <input type="checkbox"/> <p>Household</p> <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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