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| **Friday** | **Saturday** | **Sunday** | **Meatless Monday** | **Grocery List**  Goal : stay under 1,600 calories per day. Drink 8 cups of water daily. |
| Breakfast: Oatmeal, coffee (50)  Snack: Apple  Lunch: green tea  Dinner: glass of water, Sechuan | Breakfast: Oatmeal, coffee  Lunch: green tea  Dinner: glass of water, Wild Rice Chicken  Snack: cauliflower and 2 T. ranch | Breakfast: Oatmeal, coffee  Lunch: green tea  Snack: Apple  Dinner: glass of water, Hamburgers | Breakfast: glass of water, Egg Sandwich, orange juice,  Lunch: glass of water,  Snack: Yogurt  Dinner: glass of water, Florentine Shells with Asparagus | Bread, Jumbo pasta shells, ricotta cheese, spinach, half & half, spaghetti sauce, Italian cheese blend, parmesan cheese, Italian bread, asparagus, chicken breast, long grain wild rice, ground beef, hamburger buns, celery, American cheese , yogurt, apples, cauliflower and ranch, oatmeal, green tea, coffee |
| Breakfast: Whole wheat bread (140) with peanut butter (180) and a banana (105)  Lunch: Boiled egg and a salad  Snack: Grapes  Dinner: glass of water, German Lentil Soup | Breakfast: Breakfast Casserole  Lunch: Boiled egg and a salad  Dinner: glass of water, Bow tie Pasta Salad  Snack: celery, apples & peanut butter | Breakfast: Whole wheat bread with peanut butter (180) and a banana (105)  Lunch: Boiled egg and a salad  Dinner: glass of water, Chicken Penne Alfredo  Snack: peanut butter cookies | Breakfast: glass of water, Yogurt  Lunch: Boiled egg and a salad  Snack: Apple (71)  Dinner: glass of water, German Spinach, Mashed Potatoes (150) , and scrambled eggs. (234) | Potatoes, chicken stock, carrots, celery, onion, cooked cubed ham, German knack Wurst, shell pasta, sweet onion, dry Italian salad mix, bacon, peas, chicken, penne pasta, cream cheese, milk, yogurt, peanut butter, apples, grapes, cubed ham, whole wheat bread, egg, lettuce, ranch, banana, grands biscuits. |
| Breakfast: Whole wheat bread with peanut butter and a banana (510)  Snack: Apple (71)  Lunch: Turkey Roll sandwich (403)  Dinner: glass of water, Crab and Salad or Spanish rice and taquitos. (821) | Breakfast: Whole wheat bread with peanut butter and a banana(510)  Snack: Grapes (110)  Dinner: glass of water, Pizza (740) | Breakfast: Whole wheat bread with peanut butter and a banana (515)  Snack: Apple (71)  Dinner: glass of water, Bacon and Creamy Angel hair pasta (2,900) | Breakfast: glass of water, cold cereal with a banana(510)  Snack: Grapes (110)  Dinner: glass of water, Easy Smoked Salmon Pasta (874) | Cream cheese x 2, shallot, frozen pizza, Crab, lettuce, bacon, green onions, mushrooms, tomatoes, angel hair pasta, peas, milk, cereal, banana, apples, grapes, whole wheat bread, Spanish rice, taquitos. |
| Breakfast: yogurt and berries  Lunch:  Dinner: Sauerkraut, schnitzel  Snack: popcorn | Breakfast: Yogurt Pancakes  Lunch:  Dinner:  Snack: banana bread | Breakfast: Yogurt Pancakes  Lunch:  Snack: pretzels  Dinner: | Breakfast: Yogurt  Snack: berries  Lunch:  Dinner: Fish Tacos | Beer, plain yogurt, mayo, lime, capers, oil, cod, corn tortillas, cabbage, pork for schnitzel, brown sugar, banana, flour, berries |
| Breakfast: yogurt and berries  Lunch:  Snack: berries  Dinner: Tacos and refried beans | Breakfast: yogurt and berries  Snack: Pear  Lunch:  Dinner: Italian Sausage Soup | Breakfast: yogurt and berries  Lunch:  Snack: berries  Dinner: Cajun Chicken Pasta | Breakfast: yogurt and berries  Snack: Pear  Lunch:  Dinner: Garden Penne | Penne Pasta, zucchini x 2, yellow squash, red onion, green and red bell pepper, garlic, tomatoes, pasta sauce, corn, mozzarella cheese, parmesan cheese, Italian sausage, beef broth, carrots, garlic, stewed tomatoes, northern beans, fresh spinach, chicken, linguine pasta, mushrooms, green onion, heavy cream or whip cream, ground beef, lettuce, tomatoes, salsa, refried beans, hard and soft taco shells, glass of water, yogurt, berries, pears |
| Breakfast: yogurt and berries  Lunch:  Snack: Pear  Dinner: Taco Casserole | Breakfast: yogurt and berries  Lunch:  Snack: Pear  Dinner: Hungarian Goulash with red wine | Breakfast: yogurt and berries  Lunch:  Snack: Pear  Dinner: Chicken Parmesan | Breakfast: yogurt and berries  Lunch:  Snack: Pear  Dinner: Eggs in Mustard Sauce, | Chicken stock, Dijon Mustard, heavy cream or half & half, beef cubes, red wine, beef stock, sour cream, bacon, bell pepper, onion, ground beef, can pinto beans, whole kernel corn, tortilla chips, taco seasoning, tomato sauce, cheddar cheese, chicken, marinara sauce, mozzarella, butter, parmesan, yogurt, berries, pears |
| Dinner: Chicken & Veggie Spaghetti | Dinner: Spaghetti Carbonara | Dinner: Sausage & Fennel Orzotto | Dinner: Griesbrei - Cream of Wheat, Germanic, | Cream of wheat, milk, egg, sausage, Orzotto, chicken broth, white wine, lemon, parmesan cheese, spaghetti noodles, bacon, onion, garlic, white wine, fresh parsley, chicken, spaghetti noodles, bell pepper, black olives, cream of mushroom soup, mozzarella cheese |
| Dinner: Lasagna | Dinner: Chuck Roast, German dumplings and red cabbage? |  | Breakfast: Cereal  Dinner: German Pancakes | Flour, milk, onions, beef broth, carrots, brown gravy mix, potatoes, red cabbage, Lasagna noodles, pasta sauce, ricotta cheese, ground beef |
| Dinner: Spaghetti |  |  | Breakfast: orange  Dinner: Flaedle Suppe | Spaghetti noodles, pasta sauce, ground beef, Italian bread, oranges |
| Dinner: Tuna fish sandwiches |  |  | Dinner: Egg Sandwiches | Bread, tuna fish, mayonnaise |
|  |  |  | Lunch: Noodle Soup  Dinner: Salmon Paddies | Noodle Soup, salmon in a can, |
| Dinner: Sheppard Pie |  |  | Dinner: Grill Cheese & Tomato Soup | Tomoto Soup, American cheese, bread, ground beef, potatoes, green beans, cream of mushroom, french fried onions, |