

The Healthy MenuMa

This is a quick and healthy menu checklist for the grocery store, for families who eat all types of food, with limited dietary restrictions. Save and reuse this checklist over and over. Note: Saturday is eat out day!



- **Sunday Dinner Mega Salad**

- 1 head of lettuce
- tomatoes
- red onions
- sunflower seeds
- 1 pound of chicken
- Shredded cheese

- **Monday Dinner Avacado Turkey Burgers**

- 2 pounds ground turkey
- 2 Avacados
- Hamburger buns
- Corn on the cob (side dish)

- **Tuesday Veggie Taco Dinner**

- Corn tortillas
- Red and green peppers
- Small potatoes
- Frozen Corn
- Tortilla chips

- **Wednesday Dinner Pasta**

- Spaghetti Sauce
- Tomatoes
- Pasta

- **Thursday Dinner Stir fry**

- Rice
- Frozen veggies

- **Friday Frozen Pizza Dinner**

- 2 frozen pizzas

- **Breakfast all week (hard boiled eggs and bananas)**
- 1 dozen eggs
- 2 bundles of bannanas

Make and Share Free Checklists

checkli.com