

## BREAKFAST

- ♥ Instant Oatmeal
- ♥ Cereal
- ♥ Pre-Made Breakfast Sandwiches or Burritos
- ♥ Smoothies

## LUNCH

- ♥ Leftovers
- ♥ Sandwiches
- ♥ Soup
- ♥ Salad

## DINNER

- MON** MINDLESS MONDAYS (something super easy) Ex: Chicken Nuggets, Hot Dogs, Grilled Cheese, Frozen Pizza
- TUE** TACO TUESDAYS Ex: Tacos, Burritos, Taco Salads
- WED** WHATEVER WEDNESDAYS Ex: favorite staple, easy crockpot dinner, simple casserole
- THU** TAKEOUT THURSDAY Ex: Fast food coupons or value menu, kids eat free
- FRI** FREE FOR ALL FRIDAY Ex: Leftover, Sandwiches, Snacks, Breakfast, Whatever You Can Find
- SAT/SUN** SIMPLE SAT/SUN: Cheap Sale Meal, Veggie and Starch Side (rice or potatoes)

## SNACK

- ♥ 2 Cheapest Fruits (enough for the week)
- ♥ Smoothies
- ♥ Popcorn
- ♥ Chips & Salsa
- ♥ Crackers
- ♥ Cereal
- ♥ PB & J
- ♥ Fruit Cups/Applesauce
- ♥ String Cheese

## BEVERAGE

- ♥ 1 Cheap Frozen Juice
- ♥ 1 Jug Apple Or Orange Juice
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- ♥ 5 Cold Almond Milks & 2 Shelf Stable Milks (to drink & for smoothies)
- ♥ 1 Gallon Cow's Milk
- ♥ 2-3 Filled Water Bottles in Fridge