

1-Week Menu Planner

Quick Assembly Meals

New to menu planning and/or grocery shopping? Not to worry! This section gives a budget-conscious, one-week menu plan along with a sample grocery list. If meal planning seems overwhelming, just remember that you are not going for gourmet recipes, you are simply organizing meals in order to save yourself time and money, while providing nutritious meals that you and your family can enjoy together!

Breakfast Ideas

- whole-grain cereal + milk + banana slices
- yogurt + granola + canned peaches
- whole-grain toast + cottage cheese + orange
- oatmeal + milk + walnuts & raisins
- whole-grain waffles + strawberries + glass of milk

Lunch Ideas

- grilled cheese sandwich + tomato soup + apple slices
- egg salad wrap in whole-grain tortilla + carrot sticks + milk
- vegetable soup + cheese & whole-grain crackers + canned pears
- macaroni & cheese + grape tomatoes + pineapple chunks
- chicken & veggie salad + pretzels + pudding cup

Dinner Ideas

- pan fried fish fillets + instant brown rice + broccoli florets
- bean & cheese burritos + corn + canned peaches
- grilled pork chops + baked sweet potato + steamed cauliflower
- frozen cheese pizza with veggies + green salad + milk
- rotisserie chicken + mashed potatoes + mixed vegetables

Snack Ideas

- frozen banana + low-fat milk + peanut butter (smoothie)
- pita bread + veggies + hummus
- cottage cheese + fruit + crackers
- oatmeal cookie + milk
- apple slices + cheese cubes

Portion Control

One effective way to manage your weight is to avoid “portion distortion.” Here are a few examples of appropriate serving sizes for different foods:



½ cup cooked rice or pasta, which is equivalent to the size of **a lightbulb**



1 cup broccoli, which is equivalent to the size of **a baseball**



1 medium apple, which is equivalent to the size of **a baseball**



3 ounces of cooked meat or poultry, which is equivalent to the size of **a deck of cards**



1 ½ ounces of cheese, which is equivalent to **3 dice**