

Weekly Meal Planning

Grocery List:



BREAKFAST

- Eggs
- Milk
- Whole Wheat Bread
- Oats
- Fruits
- Peanut Butter
- Cheese
- Coffee or Tea
- Cereal or Granola
- Yogurt

LUNCH

- Leafy Greens
- Chicken Breast
- Rice or Quinoa
- Canned Tuna
- Whole Wheat Wraps
- Vegetables
- Hummus
- Cheese
- Lunch Meat
- Soup Ingredients

DINNER

- Frozen Vegetables
- Rice or Pasta
- Protein
- Potatoes
- Canned Tomatoes
- Spices
- Olive Oil
- Onions and Garlic
- Beans or Lentils
- Cheese

SNACK

- Nuts and Seeds
- Dried Fruits
- Yogurt
- Cheese Sticks
- Fresh Fruit
- Crackers
- Granola Bars
- Popcorn
- Veggies and Hummus
- Rice Cakes



VISIT US :
WWW.SUBLINEGROCERIA.COM

