

MEAL PLAN FOR Heart-Health

GROCERIES

MON TUES WED THURS FRI SAT SUN

PRODUCE

- Carrots
- Carrots & peas (frozen)
- Cherry tomatoes
- Bell pepper (green & red)
- Green chiles (canned) x2
- Mushrooms x2
- Onion x3
- Salad greens
- Salsa (fresh)
- Sugar snap peas
- Sweet potatoes x4
- Tomato sauce (low-so)
- Zucchini x2
- Chicken broth (low-so) x3
- Pasta/pizza sauce (low-so)
- Taco seasoning (low-so)

PROTEIN

- Chicken x2 lb.
- Eggs
- Ground beef (90+% lean)
- Ground turkey (90+% lean)
- Mozzarella cheese (shred)
- Shrimp
- White beans (canned, low-so) x2
- Bulgar
- Jasmine rice (long-grain)
- Linguine (WW)
- Pie crust (prepared)
- Pita bread rounds (WW)

MISCELLANEOUS

GRAINS

TO PREP

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Vegetable Pita Pizzas

Taco-Stuffed Sweet Potatoes

White Turkey Chili

Everything Bagel Chicken
Tender Salad

Linguine w/Fresh Tomato
Sauce

Shrimp & Egg
Fried Rice

Skillet Chicken
Pot Pie