

Meal Plan for Family of 4 with 2 Kids Under 5 yrs

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast <i>Apple Raisin Oatmeal (4 c)</i> <i>Boiled Eggs (6)</i> <i>1% Milk (3 c)</i>	Breakfast <i>Bran cereal (3 c)</i> <i>1% Milk (3 c)</i> <i>Banana (1 each)</i>	Breakfast <i>Scrambled eggs (6)</i> <i>WW Toast (2 slices each)</i> <i>1% milk (3 c)</i>	Breakfast <i>Bran cereal (3c)</i> <i>1% milk (3c)</i> <i>Apple (1 each)</i>	Breakfast <i>Bran cereal (3 c)</i> <i>1% milk (3 c)</i> <i>Banana (1 each)</i>	Breakfast <i>Scrambled eggs (6)</i> <i>WW Toast (2 slices each)</i> <i>1% milk (3 c)</i>	Breakfast <i>Apple Raisin Oatmeal (4 c)</i> <i>Boiled Eggs (6)</i> <i>1% milk (3c)</i>
Lunch <i>Lentil Soup (4 c)</i> <i>Whole wheat crackers (5 each)</i> <i>1% milk (3 c)</i> <i>Baby carrots (8 each)</i>	Lunch <i>Whole wheat bread (2 slices each) with 1 T peanut butter and 1 T apple butter</i> <i>Baked beans (4 c)</i> <i>1 % milk (3c)</i>	Lunch <i>Tuna Salad Sandwiches (6 total)*no relish</i> <i>Apple (4) with PB</i> <i>1% milk (3 c)</i>	Lunch <i>Lentil Soup (4 c)</i> <i>Whole wheat crackers (5 each)</i> <i>1% milk (3 c)</i> <i>Mixed vegetables (3c)</i>	Lunch <i>Fish and vegetables in foil (1 portion)</i> <i>Fruit Chewy Cookies (2 each)</i> <i>1% milk (3c)</i>	Lunch <i>Whole wheat bread (2 slices each) with 1 T peanut butter and 1 T apple butter</i> <i>Baked beans (4 c)</i> <i>1 % milk (3c)</i>	Lunch <i>Tuna Salad Sandwiches (6 total)</i> <i>Apple (4) with PB</i> <i>1% milk (3 c)</i> <i>Baby carrots (8 each)</i>
Dinner <i>Chicken and Broccoli Pie (whole pie for 4)</i> <i>1% milk (3c)</i> <i>Whole wheat bread (2 slices each)</i> <i>Fruit Chewy Cookies (2 each)</i>	Dinner <i>Beef Pot Roast (6 c)</i> <i>Steamed green beans (4 c)</i> <i>1% milk (3 c)</i>	Dinner <i>Baked Potato Primavera (4)</i> <i>1% milk (3 c)</i> <i>Fruit Chewy Cookies (2 each)</i>	Dinner <i>Beef Pot Roast (6c)</i> <i>Steamed green beans (4 c)</i> <i>1% milk (3 c)</i> <i>Whole wheat toast (2 slices each)</i>	Dinner <i>Mini Meatloaf (1 portion each)</i> <i>Macaroni (3/4 c each)</i> <i>Steamed broccoli (4 c)</i> <i>1% milk (3c)</i>	Dinner <i>Vegetables with Pasta (4 c)*no tomato</i> <i>Steamed broccoli (4 c)</i> <i>1% milk (3c)</i>	Dinner <i>Vegetables with Pasta (4c)</i> <i>Steamed green beans (4c)</i> <i>1% milk</i>
Snack <i>Peanut butter banana nuggets (3 each)</i>	Snack <i>Apple Raisin Bran Muffin (6)</i>	Snack <i>Pretzels (4 c)</i> <i>Cheddar cheese (6 oz)</i>	Snack <i>Jiffy Oatmeal Bars (2 each)</i>	Snack <i>Apple Raisin Bran Muffin (6)</i>	Snack <i>Pretzels (4 c)</i> <i>Cheddar cheese (6 oz)</i> <i>Apple (1 each)</i> <i>Baby carrots (8 each)</i>	Snack <i>Jiffy Oatmeal Bars (2 each)</i>

Cost Estimate: \$130.93 for one week

Mini Meatloaf – use extra oatmeal to make bread crumbs

Use raisins and regular whole wheat bran flakes in muffin recipe

Instead of baking mix, just use flour, baking soda, salt