

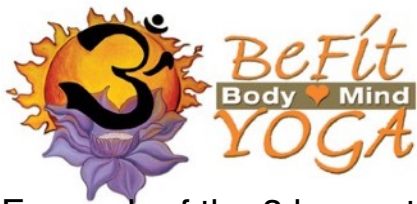




*Bobbi Mísítí, FMCHC*  
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For each season make a grocery list of breakfast foods to have on hand at all times. These are known as your Staple Items. Restock when they are low before they are completely out. The idea is to have these foods on hand so you can make 5 different breakfasts on the fly any day.

## **Grocery List:**



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For each of the 3 harvest seasons; Spring, Summer, Fall/Winter, have written down 5 go to Lunches. Refresh this 1x per YEAR.

Spring Lunches	Summer Lunches	Fall/Winter Lunches



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For each season make a grocery list of Lunch foods to have on hand at all times. These are known as your Staple Items. Restock when they are low before they are completely out.

The idea is to have these foods on hand so you can make 5 different healthy lunches on the fly any day.

## **Grocery List:**



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## Weekly Dinner Planning

Each week plan out 5 dinners, make your grocery list, then shop. Try to choose different menus each week for variety in nutrients. Set a day each week you do this, make a little routine of it.

Day to Plan Meals and Shop : \_\_\_\_\_

Dinners:

1.

2.

3.

4.

5.



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## **Weekly Grocery List for Dinners:**