THE DAILY DISH

IDEAS AND MEAL PLANNER

sandwich or add

veggies to your own

BREAKFASTS **LUNCHES SNACKS DINNERS QUICK FIXES BROWN BAG ON-THE-GO DINING IN FILLERS** SNACKS PB&banana on toast Pizza, pasta, or soup with fresh or frozen or English muffin Dried fruit (raisins, Fruit/applesauce cup veggies cranberries, apple Yogurt with fresh or Fresh fruit (apples, rings, figs, etc.) frozen berries - add Fruit for dessert! bananas, grapes, cereal or granola for Fresh/frozen berries & Fresh fruit peaches, etc.) frozen yogurt extra fun Ants on a log (celery Box of raisins Fresh/frozen carrots, Granola bar & apple sticks with peanut Baby carrots peas, corn, broccoli butter and raisins) **SNACKS WITH EATING OUT WEEKEND LUNCH AT HOME** TIME Choose a baked **SPECIALS** Fresh/frozen fruit potato or side salad Sliced tomatoes with (banana, berries, etc.) instead of french fries Fruit pancakes crackers and cheese & yogurt smoothie (berries, bananas, Try a veggie Cheesy cooked apples, etc.) Fresh veggies sandwich or add veggies (potatoes, (broccoli, pepper, Veggie omelet veggies to your own broccoli, etc.) cauliflower, carrot) Apple slices with PB with ranch Pizza with veggies © IOWA STATE UNIVERSITY **WEEKLY SHOPPING LIST** THE DAILY DISH IDEAS AND MEAL PLANNER **BREAKFASTS LUNCHES SNACKS DINNERS QUICK FIXES BROWN BAG ON-THE-GO DINING IN SNACKS FILLERS** □ PB&banana on toast Pizza, pasta, or soup with fresh or frozen or English muffin Dried fruit (raisins, Fruit/applesauce cup veggies cranberries, apple Yogurt with fresh or Fresh fruit (apples, rings, figs, etc.) Fruit for dessert! frozen berries - add bananas, grapes, Fresh/frozen berries & cereal or granola for Fresh fruit peaches, etc.) extra fun frozen yogurt Ants on a log (celery Box of raisins Fresh/frozen carrots, Granola bar & apple sticks with peanut Baby carrots peas, corn, broccoli butter and raisins) **SNACKS WITH EATING OUT LUNCH AT HOME** WEEKEND TIME Choose a baked **SPECIALS** Fresh/frozen fruit potato or side salad Sliced tomatoes with (banana, berries, etc.) Fruit pancakes instead of french fries crackers and cheese & yogurt smoothie (berries, bananas, Try a veggie Cheesy cooked

veggies (potatoes,

broccoli, etc.)

Apple slices with PB

WEEKLY SHOPPING LIST
Veggies and Fruits
Bread/Cereal/Pasta/Rice
Dairy/Refrigerated
Frozen/Packaged
Meat/Fish/Beans/Nuts
Other

Veggies and Fruits
Bread/Cereal/Pasta/Rice
Dairy/Refrigerated
Frozen/Packaged
Meat/Fish/Beans/Nuts
Other

apples, etc.)

Veggie omelet

Fresh veggies

with ranch Pizza with veggies

(broccoli, pepper,

cauliflower, carrot)