

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 ENGLISH MUFFIN PEPPERONI PIZZAS <i>Veggie Kabobs w/ Ranch & Grapes</i>	4 whole wheat English muffins, split & toasted 1 c pizza sauce 1 c shredded mozzarella cheese ½ pkg turkey pepperoni slices <hr/> 1 c broccoli florets 1 c cherry tomatoes <i>(Wooden skewers)</i> <i>Ranch dressing</i> 2 c seedless grapes	Preheat broiler. Split muffins & place cut-side up on a baking sheet. Toast until golden. Remove from oven and spread 2 T sauce on each muffin half. Top evenly with cheese and pepperoni. Broil just until cheese is melted. Cool and pack in a container or wrap in foil. <i>Place broccoli florets and cherry tomatoes on skewers. Place Ranch dressing in small containers. Pack veggie kabobs, dressing, and grapes with pizzas.</i>
Meal 2 MEDITERRANEAN SAMPLER <i>Fruit Salad</i>	8 oz container hummus 1 c cherry tomatoes 1 large cucumber, sliced 2 c baby carrots Multigrain crackers <hr/> ½ pkg strawberries, halved 1 c seedless grapes 1 c honeydew chunks	Divide hummus evenly among 4 small containers. Pack tomatoes, cucumber slices, carrots, and crackers with hummus for dipping. <i>In a large bowl, combine strawberries, grapes, and honeydew chunks. Divide evenly among 4 containers. Pack fruit salad with sampler ingredients.</i>
Meal 3 Make Ahead! PEPPERONI PASTA SALAD <i>Apple Slices</i>	2 c cooked spiral pasta 4 oz mozzarella cheese, diced 1 c chopped broccoli ½ pkg turkey pepperoni slices, halved ½ c Italian dressing <i>(Salt and pepper to taste)</i> <hr/> 2 apples, sliced <i>(1 t lemon juice)</i>	In a large bowl, combine pasta, cheese, broccoli, & pepperoni. Add dressing & toss to combine. Season with salt & pepper. Cover & chill. <i>Core and slice apples. Toss them with lemon juice. Pack apple slices with pasta salad.</i>
Meal 4 HAM AND CHEESE MUFFIN SANDWICHES <i>Honeydew & Popcorn</i>	<div style="background-color: #90ee90; padding: 20px; border-radius: 10px; display: inline-block;"> <p style="font-size: 2em; margin: 0;">Click Here to order this meal plan</p> <p style="background-color: #ff69b4; color: white; padding: 5px 15px; border-radius: 15px; font-weight: bold; margin: 10px 0;">Start Now</p> </div>	
Meal 5 PINK N' GREEN SPINACH SALAD <i>Yogurt Cups & Crackers</i>		
Bonus Packable Dessert! COLORFUL RICE KRISPIE TREATS	(3 T butter) 10 oz pkg regular marshmallows 6 c crispy rice cereal ½ c multicolored sprinkles, optional <i>(Cooking spray)</i>	Melt butter in a large saucepan over low heat. Add marshmallows and stir until melted and smooth. Remove from heat and stir in cereal and sprinkles, if using. Press evenly into a greased 13x9" pan. Cool until set, and cut into squares.



SAMPLE PLAN

HEALTHY LUNCH PLAN GROCERY LIST

LUNCH #	X	GROCERY ITEM	D = Dessert Item	OTHER ITEMS I NEED:	X
_____	X	DELI / BAKERY / BREAD			
1,4		24 oz pkg English muffins (need 8)			
2		8 oz container hummus			
4,5		1 lb ham (½ lb thinly sliced, ½ lb for dicing)			
_____	X	PRODUCE			
1,3		1 large head broccoli			
1,2		Pint container cherry tomatoes			
1,2		1 lb seedless grapes			
2		1 large cucumber			
2		16 oz bag baby carrots			
2,5		16 oz pkg strawberries			
2,4		1 medium honeydew melon			
3		2 medium apples			
4,5		5 oz bag baby spinach			
_____	X	MEATS			
1,3		6 oz pkg turkey pepperoni slices			
_____	X	DAIRY / REFRIG			
1		8 oz bag shredded mozzarella cheese			
3,5		8 oz block mozzarella cheese			
4		1 pkg sliced cheese of choice (need 4 slices)			
5		4 (6 oz) yogurt cups			
_____	X	CANNED / BOTTLED / PACKAGED			
1		14 oz jar pizza sauce			
1		Bottle Ranch dressing			
2,5		Box multigrain crackers			
3		Small bottle Italian dressing			
3		1 lb box spiral pasta			
4		Box microwave popcorn of choice (need one regular size bag)			
5		Small bottle poppy seed dressing			
D		12 oz box crispy rice cereal, such as Rice Krispies®			
D		10 oz pkg regular marshmallows			
D		Small pkg multicolored sprinkles, optional			

Staples Needed For Each Lunch:

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Lunch 1

Wooden skewers

Lunch 2

Lunch 3

Lemon juice

Lunch 4

4 T honey mustard

Lunch 5

Dessert

3 T butter
Cooking spray