

Grocery List - Schnucks

| Produce/Baked goods | Kosher/Foreign | Snacks, Soda | Condiments |
|---------------------|---------------------|------------------------------|------------------------|
| | | | |
| | Canned goods, Pasta | Baking, Beverages, Spices | Cereal, Juice, Granola |
| | | | |
| Frozen | Dairy | | Baby/Other |
| | | | |

Grocery List - Whole Foods

| Produce/Baked goods | Kosher/Foreign | Snacks, Soda | Condiments |
|---------------------|---------------------|------------------------------|------------------------|
| | | | |
| | Canned goods, Pasta | Baking, Beverages, Spices | Cereal, Juice, Granola |
| | | | |
| Frozen | Dairy | Baby, Toiletries, Cleaners | |
| | | | |

Menu for Week

| <u>Day of week</u> | <u>Type of dish</u> | <u>Dish to make</u> | <u>Cookbook, page #</u> |
|-----------------------|---------------------------|-----------------------------------|-------------------------|
| n/a | Make-it-yourself | | |
| | Mexican | | |
| | <u>Choose 2 out of 3:</u> | | |
| | ☐ leftovers or meat | | |
| | ☐ Fake meat | | |
| | ☐ Beans | | |
| | Pasta | | |
| | Salmon | | |
| Friday night | Appetizers | Salads, hummus Fish? | Green salad Soup? |
| | Main Dish | | |
| | Veggie | | |
| | Side(s) | | |
| | Dessert | | |
| Saturday lunch | Appetizers | Salads, hummus Fish? | Green salad |
| | Main Dish | Cholent? | |
| | Veggie | | |
| | Side(s) | | |
| | Dessert | | |
| Shalosh Suedos | Main Dish | Tuna, egg salad, or chopped liver | |

Lunch ideas for the boys

* good for triplets, Gavin does not like

| Protein | Veggie | Starch | Fruit |
|--|--------------------------------------|------------------------|-----------|
| Nut butter and jelly sandwich | Corn | Pretzels | Pineapple |
| Pita with hummus | Tomatoes | Puffs or other crunchy | Banana |
| String cheese and baked beans | Carrots (triplets prefer cooked) | Crackers | Apple |
| Morningstar farm burger or chicken patty | Peas | popcorn | grapes |
| Bagel with cream cheese | Broccoli (triplets prefer cooked) | | |
| American cheese * | Green beans | | |
| Tuna salad on sandwich | Cauliflower (triplets prefer cooked) | | |
| Leftovers * | | | |
| | | | |