



One-Week Meal Plan and Grocery List from *Eat Move Groove*

Use the grocery list to get everything you need for this one-week 2211 meal plan. Check your pantry, and feel free to substitute items you have at home, too!

One-Week Meal Plan

Monday

Breakfast: Overnight Oats with Blueberries* and orange juice

Lunch: Simple Salad* with whole-grain crackers

Dinner: Citrus Salmon* with broccoli, brown rice, and sliced oranges

Tuesday

Breakfast: Garden Scramble* with whole-grain toast

Lunch: Brown Rice, Chickpea, and Veggie Bowl* with grapes

Dinner: Slow Cooker Chicken Chili* with corn tortilla chips, pineapple, and carrot sticks

Wednesday

Breakfast: Morning Breeze Smoothie* with a fruit and nut granola bar

Lunch: Super Salad in a Jar* with Basic Balsamic Vinaigrette*

Dinner: Fast Fried Rice*

Thursday

Breakfast: Egg and Cheese Wrap* with avocado slices, vegetable juice, and strawberries

Lunch: Turkey, Cheese, and Pesto Roll* with pepper slices and apple

Dinner: Veg Out Pizza* with sliced pears

Friday

Breakfast: Sunshine Breakfast Bowl*

Lunch: Hummus Pocket* with sliced cucumbers and peach

Dinner: Tilapia with Tomato-Basil Salsa and Roasted Potatoes* with a side salad

Saturday

Breakfast: Blender Banana Milk* with a whole-grain bagel with peanut butter and 2 clementines

Lunch: Slow Cooker Lentil and Veggie Soup* with a side salad and pita bread

Dinner: Grilled burgers on buns with Cinnamon Fruit Salad* and grilled asparagus

Sunday

Breakfast: Veggie and Egg Muffin Cups* with a whole-grain English muffin and banana

Lunch: Tofu, Broccoli, and Sweet Potato Bowl* with Peanut Sauce* and melon slices

Dinner: Slow Cooker Sausage and Veggie Pasta*

*The asterisk * means the recipe for this dish is found in the **Eat Move Groove** book.*



Grocery Shopping List for the One-Week Eat Move Groove Meal Plan

Fresh Fruits and Vegetables

Fruits

- Apples
- Avocados
- Bananas
- Blueberries (and any berries you enjoy)
- Clementines
- Grapes
- Lemons
- Melon (any you enjoy)
- Oranges
- Peaches (or canned in juice or light syrup)
- Pears (or canned in juice or light syrup)
- Pineapple (or canned in juice or light syrup)
- Strawberries

Vegetables

- Asparagus
- Basil (fresh or dried)
- Broccoli (fresh or frozen)
- Carrots
- Celery
- Cherry or grape tomatoes
- Cucumbers
- Dark salad greens (romaine, kale, arugula, others)
- Ginger (fresh or dried)
- Green onions
- Mushrooms (fresh or canned)
- Onions (fresh or frozen)
- Potatoes (fresh or frozen diced potatoes)
- Spinach (fresh or frozen)
- Summer squash
- Sweet peppers (fresh or frozen)
- Sweet potatoes

Refrigerated Foods

- Chicken breasts or thighs (fresh, precooked, or frozen)
- Cheese: shredded cheddar, feta, mozzarella (shredded or sticks), cheddar slices, and pepper jack block
- Cottage cheese, low-fat
- Eggs
- Hummus
- Milk or plant-based milk
- Orange juice, calcium-fortified
- Salmon filets (fresh or frozen)
- Tilapia or other whitefish you enjoy (fresh or frozen)
- Tofu, extra-firm
- Turkey breast, sliced
- Turkey, chicken, pork, or veggie Italian sausage (fresh or frozen)
- Yogurt, Greek-style or plant-based

Pantry Items

- Bagels, whole-grain
- Bread, whole-grain
- Brown or white rice
- Buns, whole-grain
- Chickpeas, canned
- Crackers, whole-grain
- English muffins, whole-grain
- Fruit, canned (peaches, pears, pineapple, or any you enjoy)
- Granola bars, fruit bars, nut bars
- Granola cereal
- Great northern beans, canned
- Lentils, dry
- Nuts (walnuts, slivered almonds, and any other nuts you enjoy)
- Oatmeal
- Olives, diced
- Pasta sauce
- Peanut butter (creamy) and any nut butters you enjoy
- Pesto
- Picante sauce (or salsa)
- Pita bread, whole-wheat
- Seeds (chia, sunflower, and any other seeds you enjoy)
- Spaghetti or pasta, whole-wheat
- Tomatoes, diced canned
- Tortilla chips
- Vegetable juice
- Vegetable stock
- Vinaigrette dressing and other light salad dressings you enjoy

Frozen Foods

- Blueberries
- Burgers (beef, turkey, or veggie)
- Edamame, shelled
- Mixed vegetables
- Peaches
- Pizza, small thin crust or pizza crust
- Spinach

Check Your Kitchen for These Staples

Spices

- Bay leaves
- Chili powder
- Cinnamon
- Cumin
- Garlic cloves, minced garlic, or garlic powder
- Garlic salt
- Ginger (fresh or dried)
- Pepper
- Pizza seasoning
- Salt
- Spice mixes you enjoy (African, Greek, Indian, Italian)

Other Staples

- Brown sugar
- Honey
- Maple syrup
- Mustard, Dijon
- Oils: avocado, olive, canola
- Red chili sauce, spicy sweet
- Soy sauce, light
- Vinegar: balsamic, red wine, rice