

## **4 Weekly Meal Plans + Grocery List** **by Laura Kopec**

In this packet you will find 4 weeks of family friendly meals including breakfast, lunch, snack and dinner.

Each of the meals mentioned are simple meals that can be put together without a recipe.

The grocery list is designed based on how often you eat the meal, instead of how much of something you need. It is up to you to know how much of an ingredient you will need per person based on how often that ingredient is used in the meal plan. This way, it does not matter if you are a family of two or three, or five or eight—you can use the grocery list and meal plan.

This meal plan is part of Laura's book *My Kid's a Picky Eater: Twelve Secrets to Changing Your Child's Eating*. This book provides nutritional strategies to help parents create healthy eaters.

If you are interested in more educational facts on how to eat healthy and what you need to know as a consumer, check out Laura's book *Let's Get Real about Eating: A Practical Guide to Nutrition and Health*.

Laura is dedicated to the transformation of women and their children. She is a functional nutritionist and health educator and is available for phone or in-person consultations where she will help you reach your health and wellness goals for you or your children.

For more information about Laura or to schedule an appointment go to [www.lurakopec.com](http://www.lurakopec.com)

### Basic Meal Plan I

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Pancakes with blueberries and pure maple syrup, sausage, and orange juice	Peanut butter and fruit spread sandwich, carrot sticks on the side	Popcorn and apple slices	Pork chops, fried rice (with chopped pineapple, red bell pepper), and sliced raw zucchini
MONDAY	Granola with unsweetened almond milk, strawberries	Quesadilla with cheese, slice pear and carrots	Apple and peanut butter	Homemade cheese pizza, Salad of Romaine and shredded carrot
TUESDAY	Waffles, maple syrup Sliced banana	Tuna fish sandwich, carrots sticks, apples ( or tuna in avocado)	Rice cereal and fruit	Shrimp, snow peas, chopped tomato with pasta. Salad of spinach and shredded carrot
WEDNESDAY	Rice cereal with blueberries, almond milk	Turkey sandwich, potato chips and peaches	Celery and peanut butter with raisins	Tacos (ground turkey, lettuce, tomato and cheese) and refried beans
THURSDAY	Granola with strawberries and almond milk	Grilled cheese sandwich, apples and carrots	Popcorn and banana	Chicken breast, mashed potatoes, broccoli and salad with Romaine
FRIDAY	Waffles, strawberries, maple syrup	Turkey sandwich, peaches, raisins	Celery with peanut butter	Roasted chicken, kale, and spaghetti squash with Romano cheese
SATURDAY	Smoothie: banana, almond milk, frozen berries	Egg salad sandwich, carrots, potato chips	Apple slices and yogurt	Macaroni and mozzarella, salad of Red leaf lettuce, tomatoes

## **Grocery List Meal Plan 1**

### **Dry or Canned Goods**

Arrowhead Mills or Bob's Red Mill Pancake mix (eaten 1x) (Budget friendly: any whole grain)  
Granola (eaten 2x)  
Vans Waffles (eaten 2x) (Budget friendly: Whole Grain)  
Rice cereal (eaten 2x)  
Heartland bread or other wholesome brand (2 slices eaten 6x)  
Food 4 Life rice tortilla (eaten 1x) (Budget Friendly: whole wheat)  
Kettle brand potato chips (eaten 2x)  
Refried beans (eaten 1x)  
Non-GMO Popcorn (eaten 2x)  
Rice (eaten 1x)  
Gluten Free pizza crust (eaten 1x) (Budget friendly: whole wheat)  
Gluten Free pasta (eaten 1x) (Budget friendly: whole wheat)  
Gluten Free macaroni pasta (eaten 1x) (Budget friendly: whole wheat)  
Tomato sauce (eaten 1x for pizza)

### **Fruit**

Blueberries (eaten 2x)  
Strawberries (eaten 3x)  
Banana (eaten 3x)  
Frozen berries (served 1x in smoothie)  
Pear (eaten 2x)  
Apples (eaten 7x)  
Peaches (eaten 2x)  
Raisins (eaten 2x)  
Pineapple (eaten 1x in fried rice)  
Orange juice (drink 1x)

### **Condiments**

Pure maple syrup (served 3x)  
Peanut butter (eaten 4x)  
Fruit spread (eaten 1x)

### **Vegetables**

Carrots (eaten 7x, twice shredded into salad)  
Celery (eaten 2x)  
Red bell pepper (eaten 1x in fried rice)  
Zucchini (eaten 1x)  
Romaine lettuce (eaten 2x as salad)  
Spinach (eaten 1x as salad)  
Kale (eaten 1x)  
Red Leaf lettuce (eaten 1x as salad)

Shredded lettuce (eaten 1x in tacos)  
Snow peas (eaten 1x)  
Tomatoes (eaten 2x)  
Potatoes (eaten 1x)  
Broccoli (eaten 1x)  
Spaghetti squash (eaten 1x)  
Avocado (optional-eaten 1x with tuna)

### **Dairy**

Blue Diamond unsweetened almond milk (drink 4x)  
Eggs (eaten 1x as egg salad)  
Organic plain yogurt (eaten 1x)  
Organic Mozzarella cheese (eaten 3x)  
Organic Colby cheese (eaten 3x)  
Romano cheese (eaten 1x)

### **Meat, Poultry, Seafood**

Applegate Farms sausage (eaten 2x) (Budget friendly: Simple Truth)  
Canned Albacore tuna (eaten 1x)  
Applegate Farms sliced turkey breast (eaten 1x) (Budget friendly: Simple Truth)  
Ground turkey (eaten 2x)  
Pork chops (eaten 1x)  
Shrimp (eaten 1x)  
Ground beef (eaten 1x in meatloaf)  
Chicken breast (eaten 1x)  
Whole Chicken (eaten 1x)

## Basic Meal Plan II

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Basic omelet with turkey sausage, orange juice	Turkey sandwich with apple slices	Yogurt and blueberries	Steak, baked potato and Caesar salad
MONDAY	Granola with almond milk, strawberries	Peanut butter and honey sandwich, sweet potato chips, apple	Celery and peanut butter with raisins	Turkey burgers, baked French fries and apple sauce
TUESDAY	Toast with peanut butter and honey, blueberries	Turkey sandwich, celery sticks, banana	Rice cereal (dry) with raisins	Stuffed baked potato with cheese, salad of greens, tomato and sliced avocado
WEDNESDAY	Rice cereal with blueberries	Ham sandwich, potato chips and apples	Apples and crackers	Tuna casserole: pasta, tuna, cream soup and frozen peas. Cook pasta and toss ingredients Mixed green salad
THURSDAY	Granola with strawberries and almond milk	Chicken Tacquitos, apple sauce	Trail mix yogurt	Pan fried tilapia, Basmati rice, broccoli, sliced mango
FRIDAY	Toast with peanut butter and honey, banana	Turkey sandwich, apple	Celery with peanut butter	Red beans, rice and shredded cheese. Salad of Romaine and shredded carrots
SATURDAY	Smoothie: banana, almond milk, frozen mango	Grilled cheese, apple and tortilla chips	Apples and crackers	Chicken breast, spinach salad with shredded carrot, and steamed corn

## **Grocery List Meal Plan II**

### **Dry or Canned Goods**

Granola (eaten 2x)  
Heartland bread or other wholesome brand (eaten 2 slices eaten 8x)  
Rice cereal (eaten 2x)  
Sweet potato chips (eaten 1x)  
Kettle brand potato chips (eaten 1x)  
Tortilla chips (eaten 1x)  
Rice Crackers (eaten 2x)  
Trail mix (eaten 1x)  
Gluten Free pasta (eaten 1x) (Budget friendly: whole wheat)  
Cream soup (eaten 1x)  
Basmati rice (eaten 1x)  
Red beans (eaten 1x)

### **Fruit**

Orange juice (drink 1x)  
Strawberries (eaten 2x)  
Blueberries (eaten 3x)  
Banana (eaten 3x)  
Frozen mango (eaten 1x in smoothie)  
Mango (slices eaten 1x)  
Apple (eaten 7x)  
Applesauce (eaten 2x)  
Raisins (eaten 2x)

### **Condiments**

Peanut butter (eaten 5x)  
Raw honey (eaten 3x)

### **Vegetables**

Celery sticks (eaten 3x)  
Potato (eaten 2x)  
Romaine lettuce (eaten 2x)  
Spinach (eaten 1x)  
Mixed greens (eaten 2x)  
French fries (eaten 1x)  
Tomatoes (eaten 1x)  
Avocado (eaten 1x)  
Frozen peas (eaten 1x)  
Broccoli (eaten 1x)  
Carrots (eaten 2x)  
Non-GMO corn (eaten 1x)

### **Dairy**

Eggs (eaten 1x)

Blue Diamond unsweetened almond milk (drink 3x)

Organic Colby cheese (eaten 2x in stuffed baked potato, red beans)

Organic Mozzarella cheese (eaten 2x)

Organic plain yogurt (eaten 2x)

### **Meat, Poultry, Seafood**

Applegate Farms turkey sausage (eaten 1x)

Applegate Farms sliced turkey breast (eaten 3x) (Budget friendly: Simple Truth)

Applegate Farms sliced ham (eaten 1x) (Budget friendly: Simple Truth)

Chicken taquitos (eaten 1x)

Steak (eaten 1x)

Ground turkey or turkey burgers (eaten 1x)

Canned Albacore tuna (eaten 1x)

Tilapia (eaten 1x)

Chicken breast (eaten 1x)

### Basic Meal Plan III

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Pancakes, uncured bacon, orange juice	Cucumber sandwich with apple slices	Crackers and cheese with apples	Roasted chicken, roasted sweet potato wedges, salad of mixed greens
MONDAY	Granola with almond milk, strawberries	Grilled cheese sandwich, carrot sticks, apple	Apple and peanut butter	Spaghetti with tomato sauce, Caesar salad
TUESDAY	Turkey sausage, sliced apples	Peanut butter and jam sandwich, celery sticks, oranges	Trail mix and banana	Pan fried tilapia rice with diced tomatoes, kale salad
WEDNESDAY	Rice cereal with blueberries	Turkey sandwich, potato chips and peaches	Celery and peanut butter with raisins	Shrimp and grits, Carrot salad with raisins
THURSDAY	Granola with strawberries and almond milk	Tuna sandwich, celery sticks, apples	Popcorn and apples	Chicken noodle soup, salad of butter leaf and avocado
FRIDAY	Rice cereal with almond milk, blackberries	Turkey sandwich, apple	Trail mix and banana	Taco Salad and rice
SATURDAY	Smoothie: banana, almond milk, frozen pineapple	English muffin personal pizza, carrot sticks	Apple with peanut butter	Pasta with diced ham and peas, mixed green salad

## **Grocery List Meal Plan III**

### **Dry or Canned Goods**

Arrowhead Mills or Bob's Red Mill Pancake mix (eaten 1x) (Budget friendly: any whole grain)  
Granola (eaten 2x)  
Rice cereal (eaten 2x)  
Heartland bread or other wholesome brand (2 slices eaten 6x)  
Kettle brand potato chips (eaten 1x)  
Gluten free English muffin (eaten 1x) (Budget friendly: whole wheat)  
Rice crackers (eaten 1x)  
Trail Mix (eaten 2x)  
Non-GMO popcorn (eaten 1x)  
Gluten free spaghetti (eaten 1x) (Budget friendly: whole wheat)  
Basmati rice (eaten 2x)  
Non-GMO Grits (eaten 1x)  
Chicken Noodle Soup (eaten 1x)  
Gluten free pasta (eaten 1x) (Budget friendly: whole wheat)  
Non-GMO Corn Chips or Taco Shell Bowl (eaten 1x for taco salad)

### **Fruit**

Orange juice (drink 1x)  
Strawberries (eaten 2x)  
Apple (eaten 9x)  
Blueberries (eaten 1x)  
Blackberries (eaten 1x)  
Banana (eaten 4x)  
Frozen pineapple (eaten 1x in smoothie)  
Oranges (eaten 1x)  
Peaches (eaten 1x)  
Raisins (eaten 2x)

### **Condiments**

Peanut butter (eaten 4x)  
Fruit spread (eaten 1x)  
Tomato sauce (eaten 2x, once for pizza)

### **Vegetables**

Cucumber (eaten 1x)  
Carrots (eaten 3x)  
Celery (eaten 3x)  
Sweet potato (eaten 1x)  
Mixed greens (eaten 2x)  
Romaine lettuce (eaten 2x, once for taco salad)  
Kale (eaten 1x)

Butter leaf lettuce (eaten 1x)  
Tomatoes (eaten 2x)  
Avocado (eaten 1x)  
Peas (eaten 1x)

**Dairy**

Blue Diamond unsweetened almond milk (drink 4x)  
Organic Mozzarella cheese (eaten 1x)  
Organic Colby cheese (eaten 3x)

**Meat, Poultry, Seafood**

Uncured Bacon (eaten 1x)  
Applegate Farms turkey sausage (eaten 1x)  
Applegate Farms sliced turkey breast (eaten 2x) (Budget friendly: Simple Truth)  
Canned Albacore tuna (eaten 1x)  
Chicken breast (eaten 2x)  
Tilapia (eaten 1x)  
Shrimp (eaten 1x)  
Diced ham (eaten 1x)  
Ground beef (eaten 1x for taco salad)  
Whole chicken (eaten 1x for baked/roasted chicken)

### Basic Meal Plan IV

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Pancakes and eggs, orange juice	Chef salad: Romaine lettuce, hardboiled egg, diced chicken, shredded carrot	Chips and salsa	Chicken breast with tomatoes and leeks, Romaine salad
MONDAY	Granola with almond milk, strawberries	PBJ sandwich, grapes, tapioca pudding	Apple and peanut butter	Tortellini with asparagus and bell peppers tossed in olive oil, spinach salad
TUESDAY	Blueberry muffin, yogurt	Chicken noodle soup, apple	Cheese and crackers	Pork loin, mashed potato, carrots and peas
WEDNESDAY	Granola with yogurt, blueberries	Ham and cheese sandwich, potato chips and apples	Celery and peanut butter with raisins	Hash browns and egg, salad of Romaine and diced cucumber and tomato
THURSDAY	Raisin bran, almond milk	Tuna sandwich, celery sticks, apples	Cucumber and yogurt	Turkey chili: Black beans, pinto beans, tomato canned, ground turkey, and onion. Salad of mixed greens
FRIDAY	Egg, toast and orange juice	Grilled cheese, tomato soup, carrots	Trail mix and banana	Pan fried shrimp, snow peas and red bell pepper, rice and mixed greens salad
SATURDAY	Smoothie: banana, almond milk, frozen blueberries	English muffin homemade pizza, carrot sticks	Peanut butter and crackers	Linguine and clam sauce (or plain butter), Caesar salad

## **Grocery List Meal Plan IV**

### **Dry or Canned Goods**

Arrowhead Mills or Bob's Red Mill Pancake mix (eaten 1x) (Budget friendly: whole grain)  
Granola (eaten 2x)  
Raisin bran (eaten 1x)  
Heartland bread or other wholesome brand (2 slices eaten 4x)  
Kettle brand potato chips (eaten 1x)  
Non-GMO corn chips (eaten 1x)  
Rice crackers (eaten 2x)  
Trail mix (eaten 1x)  
Black beans (eaten 1x)  
Pinto beans (eaten 1x)  
Basmati rice (eaten 1x)  
Blueberry muffin (eaten 1x)  
Gluten free English muffin (eaten 1x) (Budget friendly: whole wheat)  
Tomato soup (eaten 1x)  
Chicken noodle soup (eaten 1x)  
Canned clams (optional)  
Gluten free linguine (eaten 1x) (Budget friendly: whole wheat)  
Gluten free tortellini (eaten 1x) (Budget friendly: whole wheat)  
Canned diced tomatoes (eaten 1x in chili)

### **Fruit**

Orange juice (drink 2x)  
Strawberries (eaten 1x)  
Blueberries (eaten 1x)  
Banana (eaten 2x)  
Frozen blueberries (eaten 1x in smoothie)  
Grapes (eaten 1x)  
Apple (eaten 4x)  
Raisins (eaten 1x)

### **Condiments**

Peanut butter (eaten 4x)  
Fruit spread (eaten 1x)  
Tomato sauce (eaten 1x for pizza)  
Salsa (eaten 1x)  
Olive oil (eaten 1x)

### **Vegetables**

Romaine (eaten 4x)  
Spinach (eaten 1x)  
Mixed greens (eaten 2x)

Carrots (eaten 4x)  
Celery (eaten 2x)  
Cucumber (eaten 2x)  
Tomato (eaten 3x)  
Leeks (eaten 1x)  
Asparagus (eaten 1x)  
Bell Pepper (eaten 2x)  
Potato (eaten 1x)  
Peas (eaten 1x)  
Snow peas (eaten 1x)  
Onion (eaten 1x)  
Hash browns (eaten 1x)

### **Dairy**

Egg (eaten 3x, once hardboiled in salad)  
Blue Diamond unsweetened almond milk (drink 3x)  
Organic plain yogurt (eaten 3x)  
Tapioca pudding (eaten 1x)  
Organic Mozzarella cheese (eaten 1x)  
Organic Colby cheese (eaten 3x)  
Organic butter (eaten 1x)

### **Meat, Poultry, Seafood**

Chicken breast (eaten 2x)  
Applegate Farms sliced ham (eaten 1x) (Budget friendly: Kroger Simple Truth)  
Canned Albacore tuna (eaten 1x)  
Pork loin (eaten 1x)  
Ground turkey (eaten 1x)  
Shrimp (eaten 1x)