



Produce

Bananas
Broccoli
Avocados
Lemons
Apples
Fruit for lunches
Onions
Green onions
Spinach/greens
Peppers
Tomatoes
Clementines

Pantry

Whole grain sandwich bread
String cheese
Tortillas
Shredded cheese
Chicken breasts
Hummus

What can I make with this every week?

- 5x lunches for my 4 year-old for preschool
- Weekend and misc lunches (quesadillas, hummus and veg, salad)
- Dinners: 1-2 pasta, 1 casserole, 1 soup/salad



Pantry Staples

(Things I don't buy every week)

Olive oil

Pasta

Pasta sauce

Frozen meatballs

Lentils

Farro

Quinoa

Dried fruit

Almonds

Walnuts

Salsa

Black beans

Sunflower seed butter