

# The ONE WEEK OF FOOD MENU PLANNING GRID

This grid will help you plan 3 meals a day for 7 days for 2 people on a 2000+ calories a day diet.

Food Type	<5 minutes of prep	<30 minutes of prep	1 hour or more of prep
<b>Vegetables</b>	( about 5 lbs)	2 dishes: (3 lbs)	2 dishes
<b>Fruits</b>	(about 12 lbs not including citrus)	some of the fruit can be used to garnish main dishes	1 dish
<b>Dairy</b>	yoghurt (qt), butter (1 lb), cheese (1/2 lab), milk (1/2 gal)	2 dishes	1 dish
<b>Protein</b>	deli cold cuts (1 lb), nut butters, nuts (3/4 lb)	2 meat dishes (2-3 lbs)	1 bean dish (2- 3 lbs)
<b>Grains</b>	bread, crunchy cracker, granola or cereal (at least 2 lbs)	toast	cooked or soaked grains (1- 2 lbs)

Current Inventory:  
steel cut oats  
short ribs  
parsley  
spinach  
feta,  
3 yellow onions