



# Printable

## National Nutrition Month

### Dietitian-Approved Dinner Meal Plan

	SUN	MON	TUE	WED	THU	FRI	SAT
Week #1 Commissary List	<a href="#">Sun Dried Tomato &amp; Chicken Penne Pasta</a> Melon	<a href="#">Veggie Burrito Bowl</a>	<a href="#">Asian Lettuce Wraps with Blue Cheese Peaches</a>	<a href="#">Cranberry Ham Steaks</a> Fresh Apples	<a href="#">Twisted Buffalo Strips</a>	<a href="#">Better than Take Out Shrimp Fried Rice</a> Mango Slices	<a href="#">Spicy Primavera Pasta</a> Grapes & Toasted Coconut Vanilla Yogurt
Week #2 Commissary List	<a href="#">Quick &amp; Easy Peanutty Pork Lo Mein</a>	<a href="#">BBQ Chicken &amp; Biscuits with California Blend Veggies</a> Bananas & Yogurt	<a href="#">Easy Crab Cakes &amp; Salad with Avocado Dressing</a>	<a href="#">Lunch &amp; Picnic Worthy Quinoa Salad</a>	<a href="#">Quick Brunswick Stew with Cornbread</a>	<a href="#">Make a MyPlate of Nachos</a>	<a href="#">Tuna Tacos with Quick Peach Salsa</a> Dark Chocolate & Almonds
Week #3 Commissary List	<a href="#">Sweet Potato &amp; Apple Pork Chops</a> Fresh Fruit & Yogurt	<a href="#">Cajun Shrimp with Fettuccine</a>	<a href="#">Enchilada Chicken Casserole</a> Berries	<a href="#">Mushroom Turkey Burger</a> Corn on the Cob Watermelon	<a href="#">Harvest Stew with a Touch of Moroccan Flavor</a>	<a href="#">Grilled Fish Burgers with Cucumber Dill Sauce</a> Melon	<a href="#">Veggie Pizza</a> Sliced Kiwi
Week #4 Commissary List	<a href="#">Pumpkin Waffles &amp; Chicken</a> <a href="#">Pumpkin &amp; Peaches with Vanilla Yogurt</a>	<a href="#">Hobo Ham &amp; Dumplings</a> Fresh Salad	<a href="#">Shrimp Quesadilla</a>	<a href="#">Speedy Chicken Gyros &amp; "Salsa"</a> Clementines	<a href="#">Kale Spaghetti</a> Fruit	<a href="#">Orange Salmon &amp; Red Risotto</a>	<a href="#">Pork Schnitzel with Parmesan Noodles &amp; Stewed Apples</a>



# National Nutrition Month

# commissary list

## week # 1

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER	Sun Dried Tomato & Chicken Penne Pasta	Veggie Burrito Bowl	Asian Lettuce Wraps w/Blue Cheese Peaches	Cranberry Ham Steaks	Twisted Buffalo Strips	Better Than Takeout Shrimp Fried Rice	Spicy Primavera Pasta

### produce

item	qty/size
Fresh baby spinach	-----8 oz
Kale	-----3 lbs
Dark leafy greens (spinach, Kale or spring mix)	--12-14 oz
Bibbed lettuce	-----12 leaves
Garlic cloves	-----11 cloves
Onions	-----4
Red Onion	-----1/2
Zucchini	-----2 Med
English Cucumber	-----1
Celery & carrot sticks	
Carrots, shredded	-----1/2 cup
Fresh Basil	
Cilantro	-----5 Tbsp
Parsley, chopped	-----1 Tbsp
Cherry tomatoes	-----10
Melon	
Apples	
Mango	
Lime for juice	-----1 tsp
Grapes	
Peaches	-----2
Potatoes	

### aisles

item	qty/size
Sun-dried tomatoes in olive oil	-----4 oz
Canned crushed tomatoes	-----12-14 oz.
Chicken broth	-----1 cup
Dried oregano	-----1-1/2 tsp
Salt & Pepper	-----pinch
Paprika	-----¼ tsp
Red pepper flakes	-----½ tsp
Whole Wheat Penne	-----8 oz
Wild Rice	
Jasmine Rice	
Instant Brown Rice	-----2 cups
Whole wheat/grain pasta	-----8 oz dry
Olive Oil	-----4 Tbsp
Sesame Oil	-----3 Tbsp
Dried Cranberries	-----¼ cup
Low Sodium Soy Sauce	
Hoisin sauce	-----5 tsp
Balsamic vinegar	-----4 tsp
Hot sauce	-----2 Tbsp
Olive Oil Mayonnaise	-----½ cup
Water chestnuts, sliced	-----8 oz
Low Sodium Kidney or Black beans	---15 oz.
Low sodium Whole Kernel corn	-----14 oz.
Taco Seasoning	-----½ packet
Salsa	-----1/3 cup
Rice crackers, crumbed	-----¾ cup
Peanut butter, creamy	-----1/3 cup

### meat

item	qty/size
Rotisserie Chicken	-----12 oz.
Ham Steak	-----16 oz
Shrimp	-----1 lb
Boneless Skinless Chicken Breast	-----2 lb
Ground beef, 90% lean	-----1 lb

### dairy

item	qty/size
Skim Milk	-----3/4 cup
Eggs	-----2
Parmesan Cheese, grated	-----3-1/2 oz
Cheddar cheese, shredded	-----1/3 cup
Blue cheese, crumbled	-----2 oz
Coconut vanilla yogurt	-----1 cup
Plain nonfat Greek yogurt	-----6 oz

### frozen

item	qty/size
Frozen Peas & Carrots	-----1-1/3 cup



# National Nutrition Month

# commissary list

## week # 2

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER	Quick & Easy Peanutty Pork Lo Mein	BBQ Chicken & Biscuits w/ California Blend Veggies	Easy Crab Cakes Salad with Avocado Dressing	Lunch & Picnic Worthy Quinoa Salad	Quick Brunswick Stew with Cornbread	Make a MyPlate of Nachos	Tuna Tacos with Quick Peach Salsa

### produce

item	qty/size
Lettuce	2-1/2 cups
Cabbage	1
Mixed salad greens	10-12 oz bag
Celery stalks	2
Grated ginger	1 Tbsp
Garlic	5 cloves
Sweet Onions	1/4 cup
Onion, minced	2-3 Tbsp
Red Onion	2
Avocado	1
Tomato	1 med
Cherry tomatoes	12
Banana	1
Apples	3
Lime for juice	3
Cilantro	1 bunch
Potatoes	2 med
Sweet Potatoes	2 med

### aisles

item	qty/size
Whole wheat fettuccine or spaghetti	1/2 lb
Quinoa	1 cup
Crunchy Peanut butter	1/4 cup
Canned Chunk Chicken	10 oz
Tuna	2-5 ounce cans
Ketchup	1/4 cup
BBQ sauce, hickory smoke flavored	1/4 cup
Worcestershire sauce	2 Tbsp
Hot sauce	1/2 tsp
Mayonnaise	2-1/2 Tbsp
Honey or Maple Syrup	1 Tbsp
Soy Sauce, low sodium	2-1/2 tbsps
White Vinegar	2 Tbsp
Balsamic vinegar	1-2 Tbsp
Hot Chili Sauce or red pepper flakes	1/2 tsp
Water Chestnuts	8 oz can
Bamboo Shoots	8 oz can
Olive Oil	2/3 cup
Salsa	
Green Chilies	2 - 4.25 oz cans
Hot Sauce	1/4 tsp
Vanilla Extract	1/2 tsp
Cumin	2 tsp
Chili powder	2 tsp
Salt	1/2 tsp
Seafood Seasoning	2 tsp
Panko crumbs	3 Tbsp
Whole Wheat dry biscuit mix	2-1/3 cup
Cornbread mix	1 box
Low sodium Black beans	2 - 15 oz cans
Whole kernel corn	2 - 15 oz cans
Diced tomatoes	28 oz
Tomato sauce	8 oz.
Whole Grain tortilla chips	8 Oz
Sliced peaches in their own juice	15 oz can
Dried fruit for salad	1/2 cup
Tortillas (corn or wheat)	8

### meat

item	qty/size
Boneless Pork Loin	12-16 oz
Ground Turkey	1 lb
Crabmeat	12 oz
Cooked diced chicken	1-1/2 lb
Pork chops	12 oz

### dairy

item	qty/size
Orange Juice	1/4 cup
Skim milk	2/3 cup
Cheddar Cheese, Shredded	16 oz.
Plain Greek yogurt	16 oz.
Greek yogurt	4 Tbsp
Blue Cheese	
Dark Chocolate w/ Almonds	8 oz
Egg	1 large

### frozen

item	qty/size
California Blend Veg Mix	10 oz
Lima beans	1 cup



# National Nutrition Month

## commissary list

### week # 3

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER	Sweet Potato & Apple Pork Chops	Cajun Shrimp with Fettuccine	Enchilada Chicken Casserole	Mushroom Turkey Burgers	Harvest Stew with a touch of Moroccan Flavor	Grilled Fish Burgers with Cucumber Dill Sauce	Veggie Pizza & Sliced Kiwi

### produce

item	qty/size
Apples	3
Fresh fruit for yogurt	4 servings
Lemon	1
Melon	
Kiwi	4
Lettuce & Tomato	for topping
Corn on the cob	4 servings
Baby Spinach	for topping
English Cucumber	1/2 medium
Zucchini	1 med
Scallions	2 Tbsp
Mushrooms	8-10
Button mushrooms	8 oz
Garlic	11 cloves
Yellow Onion	2 small
Cilantro	1/2 cup
Fresh Dill	1-1/2 Tbsp
Basil	8 leaves
Chives	3 tbsp
Sweet Potatoes	2 medium
Potatoes	3/4 lb
Butternut or acorn squash	3/4 lb

### aisles

item	qty/size
Canned Salmon or Tuna	14-15 oz
Apple Juice	2 cups
Brown Rice	4 servings
Couscous	1 1/2 cups
Whole wheat fettuccine	12 oz
Dried bread crumbs or panko	2/3-1 cup
Olive oil	6 Tbsp
BBQ sauce	1/4 cup
Cream of Chicken soup	10 oz can
Chicken broth	12-14 oz
Green enchilada sauce	15 oz can
Diced Green chilies	4 oz can
Petite dices tomatoes	29 oz
Salsa	for topping
Pizza sauce	3/4 cup
Pineapple Tidbits	1 can
Pineapple slices	4
Green olives	1/2 cup
Slivered almonds	2 oz
Evaporated milk	3/4 cup
Cinnamon	2 tsp
Cumin	1-1/2 tsp
Salt & Pepper	
Cajun seasoning	1 Tbsp
Tortillas, 6 "	12
Whole Wheat hamburger buns	4
Whole wheat pizza crust	14-16 oz

### meat

item	qty/size
Pork chops	12 oz
Shredded cooked chicken	2 cups
Boneless skinless chicken thighs	12 oz
Shrimp, uncooked, shelled	12 oz
Ground turkey	1-1/2 lb

### dairy

item	qty/size
Flavored Yogurt	4 servings
Plain nonfat Greek yogurt	10 oz
Egg	1 large
Butter	1 Tbsp
Mozzarella cheese, shredded	6-8 oz
Parmesan cheese	3 oz
Shredded Cheddar cheese	2 cups



# National Nutrition Month

# commissary list

## week # 4

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER	Pumpkin Waffles & Chicken Pumpkin & Peaches	Hobo Ham & Dumplings	Shrimp Quesadilas	Speedy Chicken Gyros & "Salsa"	Kale Spaghetti	Orange Salmon & Red Risotto	Pork Schnitzel with Parmesan Noodles & Stewed Apples

### produce

item	qty/size
Apples	4
Clementines	4 servings
Lemon for juice	1
Lime	1
Mango	1
Grape tomatoes	1 pint
Tomato	topping for 4
Mixed greens or baby spinach	2 cups
Arugula	2 cups
Baby spinach	12 oz
Kale	8 cups
Lettuce	topping for 4
Cucumber	1 large
Red onion	2 large
Onion	1 med
Garlic	7 cloves
Fresh mint	¼ cup
Fresh parsley	1/3 cup
Cilantro	1/3 cup

### aisles cont.

item	qty/size
Apple Cider Vinegar	2 tsp
Balsamic vinegar	5 Tbsp
Italian Seasoning	few shakes
Onion Powder	1 tsp
Italian Herb blend	2 tsp
Nutmeg	3 dashes
Cinnamon	1/2 tsp
Chili powder	2 tsp
Cumin	1/2 tsp
Basil, dried	1 tsp
Garlic powder	2 tsp
Pepper	¼ tsp
Paprika	¼ tsp
Whole wheat flour	½ cup
Whole Wheat Pancake Mix	2-1/2 cups
Dry Biscuit mix	1 cup
Canned pumpkin puree	3/4 cup
Sliced peaches (no sugar added)	2- 14.5 oz cans
Canned fruit, no sugar added	4 servings
Mandarin oranges	2 lg cans
Raisins	topping for 4
Walnuts	¼ cup
Chopped almonds	1/3 cup
Pecans, chopped	¼ cup
Brown Sugar	1/3 cup
Petite diced tomatoes	14 oz can
Stewed tomatoes	1 can
Beets	8.25 oz can
Kidney beans	1-1/2 cans
Black beans	15 oz
Whole kernel corn	15 oz
Dijon mustard	1 Tbsp
Salsa	½ cup
Chicken broth, low sodium	3 cups

### meat

item	qty/size
Boneless Pork Loin	16 – 25 oz
Boneless chicken tenders	1 lb
Salmon fillets	4 – 6 oz fillets
Ham steak	10-12 oz
Chicken, diced or shredded	12 oz

### dairy

item	qty/size
Eggs	7
Milk, skim	2- ½ cups
Parmesan cheese, grated	1-¼ cups
Nonfat vanilla Greek yogurt	4 servings
Cheddar cheese, shredded	1 ¾ cups
Greek nonfat plain yogurt	6 oz

### aisles

item	qty/size
Zero Calorie Sweetener	½ tsp
Egg Noodles	12 oz
Whole Wheat spaghetti noodles	6 oz
Long Grain white rice	1 cup
Italian seasoned bread crumbs	24 oz.
Bread crumbs or Panko	2 cups
Olive Oil	1 cup
Canola Oil	1/2 cup

### frozen

item	qty/size
Frozen cooked shrimp	1 lb