

Fruits & Veggies	Dairy
<ul style="list-style-type: none"> • Avocado • Cucumbers • Lemons • Baby Carrots • Kale • Mint • Portabella Mushrooms • Southwest chopped salad • Celery • Roasted Red Pepper Hummus • Apples • Halo oranges • Bananas • Spinach • Romaine Lettuce • Sweet Potatoes • Red seedless grapes • Blueberries • Strawberries • Pico de gallo • Broccoli slaw • Cole slaw • 	<ul style="list-style-type: none"> • Crumbled Goat cheese • Unsweetened Vanilla Almond milk • Coffee Creamer • American cheese slices • Provolone cheese slices • Part skim milk cheese sticks • Dannon Oikos Greek Yogurt (Vanilla & Plain) • The Laughing Cow swiss cheese wedges • Eggs
Meat & Fish	Baked Goods
<ul style="list-style-type: none"> • Swai Fish • Tilapia • Ground Turkey (3lbs) • Boneless skinless chicken breast • Turkey bacon (nitrate free) • Beef hotdogs • 	<ul style="list-style-type: none"> • Flat Out multigrain 100 calorie wraps • Stone ground whole wheat bread • Blue Diamond Almond Nut-Thins Sea Salt crackers

2 Week Meal Planning	www.inneractivefitclub.net
Pasta & Rice	Sauces & Dressings
<ul style="list-style-type: none"> • Barilla PLUS Penne Pasta, Bowtie Pasta, Fettucini, Spaghetti • Brown Rice 	<ul style="list-style-type: none"> • Brianna's Homestyle Real French dressing • Annie's Goddess Dressing • Newman's Own black bean and corn salsa MILD • Newmans's Own Garlic Alfredo Sauce • Newman's Own Spaghetti Sauce
Cereals	Frozen Foods
<ul style="list-style-type: none"> • Cheerios • Special K Red Berries • Quick cook oats • Bobs Red Mill Multigrain pancake mix 	<ul style="list-style-type: none"> • Birds Eye "Recipe Ready" Stir Fry, Fiesta Blend, Chopped peppers, onion & celery • Chopped Broccoli
Canned Foods	Misc.
<ul style="list-style-type: none"> • Black beans • Cannelli beans (white beans) • Dark Red Kidney Beans • Light Red Kidney Beans • Boneless skinless salmon • Canned Green beans 	<ul style="list-style-type: none"> • Braggs Apple Cidar Vinegar • Cinnamon • Minced Garlic • Vanilla flavoring • Whole wheat flour • Coffee • Green Tea • Honey • Truvia or Stevia •

MEALS/RECIPES: (Coming Soon)

- Fish Tacos
- Spaghetti
- Chicken Stirfry
- Tacos
- Chicken Alfredo w/broccoli
- Chicken Chili
- Baked Fish
- Breakfast for dinner
- Smoothies

2/3/14 1:45 AM

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