

# Menu Planner

Week of

	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>DINNER</i>
S U N			
M O N			
T U E			
W E D			
T H U			
F R I			
S A T			

# Shopping Checklist

	QTY	Cost	Coup		QTY	Cost	Coup		QTY	Cost	Coup
FROZEN FOOD/JUICE				STAPLES				Buns			
Ice Cream	_____	_____	_____	Flour	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	Sugar	_____	_____	_____	_____	_____	_____	_____
Vegetables	_____	_____	_____	Cereal	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	Nuts	_____	_____	_____	PAPER GOODS			
Prepared Dinners	_____	_____	_____	Jell-O	_____	_____	_____	Paper Towels	_____	_____	_____
_____	_____	_____	_____	SPICES				Tissue (facial)	_____	_____	_____
Juice	_____	_____	_____	Bacon Bits	_____	_____	_____	Toilet Paper	_____	_____	_____
_____	_____	_____	_____	Coconut	_____	_____	_____	Napkins	_____	_____	_____
_____	_____	_____	_____	Chocolate	_____	_____	_____	Plastic Wrap	_____	_____	_____
CONDIMENTS				Baking Soda	_____	_____	_____	Waxed Paper	_____	_____	_____
Syrup	_____	_____	_____	Baking Powder	_____	_____	_____	Foil	_____	_____	_____
Molasses	_____	_____	_____	Salt/Pepper	_____	_____	_____	Trash Bags	_____	_____	_____
Jelly/Jam	_____	_____	_____	_____	_____	_____	_____	Zip Bags:			
Peanut Butter	_____	_____	_____	PASTA				Small	_____	_____	_____
Honey	_____	_____	_____	Spaghetti	_____	_____	_____	Large	_____	_____	_____
Shortening	_____	_____	_____	Pasta	_____	_____	_____	HOUSEHOLD			
Oil	_____	_____	_____	Rice	_____	_____	_____	Dishwasher Soap	_____	_____	_____
Catsup	_____	_____	_____	Instant Potatoes	_____	_____	_____	Dish Soap	_____	_____	_____
Mustard	_____	_____	_____	Mixes	_____	_____	_____	Clothes Soap	_____	_____	_____
Vinegar	_____	_____	_____	_____	_____	_____	_____	Bleach			
Mayonnaise	_____	_____	_____	DRINKS				White	_____	_____	_____
Pickles	_____	_____	_____	Coffee	_____	_____	_____	Colors	_____	_____	_____
Relish	_____	_____	_____	Tea	_____	_____	_____	Fabric Softener	_____	_____	_____
Salad Dressing	_____	_____	_____	Juice	_____	_____	_____	Furniture Polish	_____	_____	_____
Croutons	_____	_____	_____	_____	_____	_____	_____	Light Bulbs	_____	_____	_____
CANNED GOODS				Sparkling Colas	_____	_____	_____	Vacuum Bags	_____	_____	_____
Soups	_____	_____	_____	_____	_____	_____	_____	Pet Food	_____	_____	_____
_____	_____	_____	_____	PASTRY				_____	_____	_____	_____
Canned Meat Tuna	_____	_____	_____	Crackers	_____	_____	_____	MEAT			
Canned Meals	_____	_____	_____	Cookies	_____	_____	_____	Beef	_____	_____	_____
CANNED VEGETABLES				Chips	_____	_____	_____	_____	_____	_____	_____
Tomato Sauce/Paste	_____	_____	_____	Breads	_____	_____	_____	Chicken	_____	_____	_____
Vegetables	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

	QTY	Cost	Coup		QTY	Cost	Coup		QTY	Cost	Coup
<b>DAIRY</b>				<b>Cheese</b>							
Milk				Yellow							
Butter											
Cheese											
				White				Toothpaste			
Eggs								Deodorant			
Cottage Cheese				Prepared Salad				Hair Care			
Sour Cream								Hand Soap			
Yogurt								Body Soap			
								Facial Cleanser			
<b>FRESH PRODUCE</b>											
Vegetables								Feminine Protection			
								Razors			
				<b>BAKERY</b>				Shaving Cream			
Fruit				Sweet Rolls							
				Cake							
				Doughnuts							
				Pie							
				Cookies							
<b>INTERNATIONAL FOODS</b>											
Chinese											
				<b>SCHOOL &amp; OFFICE</b>							
				Pens							
				Pencils							
Mexican				Paper							
				Notebooks							
				3 x 5 Cards							
Italian											
<b>DELI</b>											
Sliced Meat				<b>PERSONAL ITEMS</b>							
				Makeup							

## Fast-Food Calorie Count

Items	Cal	Fat	Items	Cal	Fat
<b>Kentucky Fried Chicken</b>			<b>Burger King</b>		
<i>Original Recipe Chicken</i>			Hamburger	310	13
Wing	150	9	with cheese	350	17
Drumstick	140	8	Whopper	695	42
Breast	380	19	with cheese	785	50
Thigh	360	25	Double Whopper		
<i>Extra Crispy Chicken</i>			with cheese	1060	69
Wing	190	12	Apple Pie	300	13
Breast	460	28	Onion Rings (Medium)	320	16
<i>Salad</i>			French Fries (Medium)	360	18
Roasted Caesar Salad	220	9	Chocolate Shake (Small)	410	13
w/ranch dressing	420	29	Vanilla Shake (Small)	400	15
<b>McDonald's</b>			<b>Wendy's Old-Fashioned Sandwiches</b>		
Egg McMuffin	300	12	Hamburger (single)	420	19
Hot Cakes with Butter and Syrup	600	17	Jr. Burger	280	9
Scrambled eggs (2)	190	12	Ultimate Chicken Grill	360	7
Hash browns	140	8	Chili (Small)	220	6
Sausage Biscuit	410	26	French Fries (Medium)	440	21
Hamburger	260	9	Frosty (Small)	330	8
Cheeseburger	310	12	<b>Arby's</b>		
Quarter Pounder	420	18	Roast Beef	320	13
with Cheese	510	25	Beef 'n Cheddar	440	21
Big Mac	560	30	Super Roast Beef	440	19
French Fries (Medium)	350	16	Junior Roast Beef	270	9
<b>Jack in the Box</b>			Chicken Breast Fillet	500	25
Hamburger	310	14	Roast Chicken Club	470	25
Cheeseburger	350	17	Roast Turkey Ranch & Bacon	830	38
Jumbo Jack	600	35	SW Chicken Wrap	550	30
with Cheese	690	42	French Fries (Medium)	380	16
Regular Taco	160	8	Apple Turnover	250	10
Super Taco	240	14	<b>Taco Bell</b>		
Chicken Caesar Salad	220	8	Taco	170	10
SW Chicken Salad	330	13	Nachos	320	19
Breakfast Jack	290	12	Pintos 'n' Cheese	180	7
French Fries (Medium)	360	17	Tostada	250	10
Onion Rings	500	30	Bean Burrito	370	10
Cheesecake	310	16	Burrito Supreme (Beef)	440	18

## Calorie and Carbohydrate Guide

Food	Size	Cal	Carb	Food	Size	Cal	Carb
<b>Cereals</b>				<b>Beverages</b>			
Bran flakes	1 cup	105	28	Apple juice	1 cup	120	30
Corn flakes	1 cup	121	21	Chocolate milk	1 cup	240	27
Corn grits	1/2 cup	60	13	Cola	8 oz.	97	25
Cooked wheat	1/2 cup	55	11	Grapefruit juice	1 cup	130	12
Oatmeal	1/2 cup	65	11	Malted milk	1 cup	245	28
<b>Bread and Pastries</b>				<b>Vegetables</b>			
Biscuits, baking powder	1	105	13	Orange juice	1 cup	120	29
Bread, French	2 slices	146	26	Pineapple juice	1 cup	135	34
Bread, raisin	2 slices	150	26	Root beer	8 oz.	100	26
Bread, rye	2 slices	120	26	Soda drinks	8 oz.	113	30
Bread, white	2 slices	140	26	Tomato juice	1 cup	45	10
Bread, whole wheat	2 slices	120	24	<b>Beef, Lamb, Pork</b>			
Buns, hot dog/hamburger	1	120	21	Bacon strips	2 avg.	90	1
Crackers, graham	1 (4"-sq.)	110	25	Beef heart	3 oz.	160	1
Crackers, rye	1	23	5	Beef liver	3 oz.	195	1
Crackers, soda	1 (4"-sq.)	50	8	Beef roast (incl. fat)	3 oz.	375	0
Flour, all-purpose (sifted)	1 cup	420	80	Beef steak (incl. fat)	3 oz.	330	0
Flour, corn meal	1 cup	440	91	Beef tongue	3 oz.	205	trace
Flour, whole wheat	1 cup	400	85	Bologna	1 slice	40	trace
Muffin	1	120	17	Corned beef	3 oz.	185	0
Rolls, hard	1	155	30	Frankfurter	1	170	1
Rolls, plain	1	120	20	Ground beef	3 oz.	245	0
Waffles	1	205	27	Ham, baked	3 oz.	245	0
Pancakes	2 (4")	120	18	Ham, boned	3 oz.	203	0
<b>Pasta and Rice</b>				<b>Seafood</b>			
Converted rice	2/3 cup	120	27	Lamb chop	3 oz.	300	0
Egg noodles	2/3 cup	132	25	Pork chop	3 oz.	340	0
Macaroni	2/3 cup	127	26	Pork loin roast	3 oz.	310	0
Spaghetti	2/3 cup	103	21	Pork sausage links	2	125	trace
White rice	2/3 cup	150	33	Veal cutlet	3 oz.	185	0
<b>Sauce, Preserves, etc.</b>				<b>Desserts</b>			
Brown or granulated sugar	1 tbls.	50	13	Angel food cake	1 piece	135	32
Catsup	1 tbls.	15	4				
Dill pickles	1 med.	10	1				
French dressing	2 tbls.	130	6				
Honey	1 tbls.	65	17				
Jam, jellies	1 tbls.	53	14				
Maple syrup	1 tbls.	60	15				
Mayonnaise	2 tbls.	200	trace				
Molasses	1 tbls.	45	11				
Olives	5	30	1				
<b>Soups</b>							
Beef broth	1 cup	30	3				
Bean soup	1 cup	170	22				
Celery, creamed	1 cup	162	18				
Chicken	1 cup	95	8				
Chicken noodle	1 cup	65	8				
Clam chowder	1 cup	80	12				
Onion	1 cup	67	5				
Pea	1 cup	145	21				
Tomato, plain	1 cup	90	16				
Vegetable	1 cup	80	13				

Food	Size	Cal	Carb	Food	Size	Cal	Carb
Brownies with nuts	1 square	95	10	Milk, evaporated	1 cup	345	24
Chocolate cake	1 piece	235	40	Milk, nonfat or skim	1 cup	85	12
Chocolate chip cookies	2	100	14	Milk, whole	1 cup	160	12
Cupcake	1	90	14	Parmesan, grated	2 oz.	260	2
Danish pastry	1	275	30	Sour cream	1 tbls.	25	1
Doughnut	2	250	32	Swiss cheese	2 oz.	210	2
Fruitcake	1 slice	55	9	Yogurt, skim	1 cup	166	14
Gelatin, sweet	1 cup	140	34	<b>Fresh Fruits</b>			
Ice cream	1 cup	255	28	Apples	1 med.	70	18
Pie, 2-crust (apple, cherry)	1 piece	350	51	Apricot	3 med.	55	14
lemon	1 piece	305	45	Avocado	1 med.	370	13
pumpkin	1 piece	275	32	Banana	1 med.	100	26
Pound cake	1 piece	140	14	Blueberries	1/2 cup	44	11
Popsicle	1	70	18	Cantaloupe	1/2 med	60	14
Sherbet	1 cup	260	59	Cherries, pitted	1/2 cup	55	13
Sponge cake	1 piece	195	35	Dates, pitted	1/2 cup	123	33
White cake	1 piece	250	45	Figs	1 avg.	60	15
<b>Candies and Nuts</b>				Grapefruit	1/2 med.	45	12
Almonds	12	85	3	Grapes	1 cup	66	16
Caramels	1 oz.	115	22	Lemon juice	1/2 cup	30	15
Fudge	2 oz.	230	41	Oranges	1 med.	65	16
Hard candy	2 oz.	220	56	Peaches	1 med.	35	10
Marshmallows	1 oz.	90	23	Pears	1 med.	100	25
Milk chocolate	2 oz.	290	32	Pineapples	1/2 cup	38	10
Peanuts	12	70	2	Plums	1 med.	25	7
Peanut butter	1 tbls.	95	3	Strawberries	1/2 cup	28	7
Popcorn	2 cups	80	10	Watermelon	1 med.	116	28
Walnuts	4	100	2	<b>Vegetables</b>			
<b>Fish</b>				Asparagus	1/2 cup	15	5
Sardines	3 oz.	175	0	Beans, baked	1/2 cup	100	24
Scallops	3 oz.	115	27	Beans, kidney	1/2 cup	100	21
Shrimp, canned	3 oz.	100	1	Beans, lima	1/2 cup	85	17
Trout	3 oz.	114	0	Beans, green	1/2 cup	15	2
Tuna	3 oz.	170	0	Beets	1/2 cup	27	6
<b>Poultry</b>				Broccoli	1/2 cup	20	4
Chicken, broiled	avg. serv.	100	0	Brussels sprouts	1/2 cup	28	5
Chicken, canned	3 oz.	170	0	Cabbage, raw	1/2 cup	8	2
Chicken pot pie	8 oz.	535	42	Cabbage, cooked	1/2 cup	15	3
Turkey	3 oz.	162	0	Carrot	1 med.	20	5
<b>Dairy Products</b>				Carrots, cooked	1/2 cup	23	5
Bleu cheese	2 oz.	210	2	Cauliflower	1/2 cup	13	3
Butter	1 tbls.	100	trace	Celery	1 stalk	6	2
Buttermilk	1 cup	90	12	Corn	1 ear	90	18
Cheddar cheese	2 oz.	230	2	Cucumber	1 avg.	30	6
Cottage cheese	1/2 cup	130	4	Eggplant	1/2" slice	25	4
Cream cheese	2 oz.	214	2	Lentils	3-1/2 oz.	106	18
Cream, light	1 tbls.	30	1	Lettuce	1/4 head	45	3
Cream, heavy	1 tbls.	55	1	Mushrooms	1/2 cup	20	3
Eggs, boiled	1 med.	80	trace	Onions, cooked	1/2 cup	30	7
Eggs, scrambled w/milk	1 med.	110	1	Peas, cooked	1/2 cup	58	12
Egg white	1 med.	15	trace	<b>Other Fruits</b>			
Egg yolk	1 med.	60	trace	Raisins	1/2 cup	240	64
Margarine	1 tbls.	100	trace	Strawberries, frozen	1/2 cup	103	26
				Canned applesauce	1/2 cup	115	31
				Canned fruit cocktail	1/2 cup	98	25