

1 Week Kid-Friendly Meal Plan Grocery List

Dairy

- Cream cheese (½ cup)
- Shredded cheddar Jack cheese (1 cup)
- 2 large eggs

Produce

- 8 large cloves garlic
- ½ cup frozen chopped spinach OR 1 cup fresh baby spinach leaves
- 6 poblano peppers
- sweet potato (1 large)
- broccoli florets (frozen or fresh, about 8 ounces)

Dry Goods

- pasta in your favorite shape (8 ounces)
- Wholegrain or brown rice (2 cups)
- tomato sauce (12 ounces)
- dried basil (1 teaspoon)
- olive oil (½ cup 2 tablespoons)
- Canned black beans (4 ounces)
- Canned corn kernels (8 ounces)
- Cooked white cannellini beans (1 14.5 ounce can)
- 1 14.5 ounce can unsweetened pumpkin mash
- tahini paste (2 ounces)
- lemon juice (2 ounces)
- Breadcrumbs (8 ounces)
- Cumin (½ teaspoon)
- garlic powder (½ teaspoon)

Bread

- 8-10 small (6") flour tortillas

Frozen

- ½ cup frozen chopped spinach OR 1 cup fresh baby spinach leaves