

Meal Planner

OPERATION

★ **Live Well** ★

MON

Meat: [Meatballs in Tomato Sauce](#)

(serve over whole wheat pasta)

Vegetarian: [Baked Eggplant with Mushroom and Tomato Sauce](#)

TUE

Seafood: [Creamy Shells with Tuna and Spinach](#)

Vegetarian: [Mediterranean Salad with Green Beans and Feta](#)

WED

Meat: [Chicken Enchilada Pie](#)

Vegetarian: [Black Bean & Chipotle Soup](#)

THUR

Meat: [Rigatoni with Broccoli and Sausage](#)

Vegetarian: [Bean and Green Herb Stew](#)

FRI

Seafood: [Fish Veracruzana](#)

Vegetarian: [Couscous with Sun-Dried Tomatoes, Feta and Mint](#)

SAT

Meat: [Karen's Poultry Pineapple Grilled Cutlets](#)

Vegetarian: [Winter Tomato Soup with Bulgur](#)

SUN

Meat: [Gemelli with Cauliflower, Bacon and Sage](#)

Seafood: [Herbed Tilapia](#)

Vegetarian: [Tuscan Bean and Kale Soup](#)

Grocery List

MEAT / POULTRY / SEAFOOD

- | | |
|--|--|
| <input type="checkbox"/> anchovy fillets | <input type="checkbox"/> Italian sausage |
| <input type="checkbox"/> bacon | <input type="checkbox"/> red snapper |
| <input type="checkbox"/> beef (chuck) | <input type="checkbox"/> tilapia |
| <input type="checkbox"/> chicken | <input type="checkbox"/> tuna |

DAIRY

- | | |
|---|---|
| <input type="checkbox"/> eggs | <input type="checkbox"/> Monterey Jack cheese |
| <input type="checkbox"/> cheddar cheese | <input type="checkbox"/> mozzarella cheese |
| <input type="checkbox"/> feta | <input type="checkbox"/> Parmesan cheese |

FRUITS & VEGETABLES

- | | |
|---|--|
| <input type="checkbox"/> broccoli | <input type="checkbox"/> lemon |
| <input type="checkbox"/> capers | <input type="checkbox"/> olives |
| <input type="checkbox"/> carrots | <input type="checkbox"/> onions |
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> oranges |
| <input type="checkbox"/> celery | <input type="checkbox"/> peas |
| <input type="checkbox"/> collard greens | <input type="checkbox"/> pineapple |
| <input type="checkbox"/> eggplant | <input type="checkbox"/> romaine lettuce |
| <input type="checkbox"/> green beans | <input type="checkbox"/> scallions |
| <input type="checkbox"/> green peppers | <input type="checkbox"/> spinach |
| <input type="checkbox"/> kale | <input type="checkbox"/> tomatoes |

GRAINS, LEGUMES & NUTS

- | | |
|---|---|
| <input type="checkbox"/> black beans | <input type="checkbox"/> rigatoni |
| <input type="checkbox"/> bulgur | <input type="checkbox"/> tortillas |
| <input type="checkbox"/> cannellini beans | <input type="checkbox"/> white beans |
| <input type="checkbox"/> kidney beans | <input type="checkbox"/> whole wheat couscous |
| <input type="checkbox"/> gemelli | <input type="checkbox"/> whole wheat pasta |
| <input type="checkbox"/> pasta shells | |

HERBS & SPICES

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> basil | <input type="checkbox"/> mint |
| <input type="checkbox"/> cilantro | <input type="checkbox"/> parsley |
| <input type="checkbox"/> dried chipotle pepper | <input type="checkbox"/> rosemary |
| <input type="checkbox"/> garlic | <input type="checkbox"/> sage |

Your Health Is Our Best Defense

Download the **"Eat Well to Live Well"** e-book for full recipes.
Visit our **Recipes & Health Eating** Pinterest board for more ideas.