

FU MEAL #1



**Ramen Noodle
Bowls**

FU MEAL #2



Basic Quesadillas

FU MEAL #3



**Breakfast for
Dinner**

FU MEAL #4



**Pasta and
Marinara Sauce**

FU MEAL #5



Easy Tacos

VEGGIES/FRUITS

- ☐ 1 cup Fresh vegetable of choice
- ☐ Garnish of choice
- ☐ Lettuce of Choice (shredded)
- ☐ Cherry Tomatoes

MEAT/PROTEIN/DAIRY

- ☐ Sour Cream
- ☐ 1 cup + more Shredded Cheddar Cheese
- ☐ 2 Large Eggs
- ☐ 1/2 C. Cottage Cheese
- ☐ 1 pound Ground Beef or Pork
- ☐ 1 pound Meat of Choice
- ☐ 6 oz. Cooked protein of choice

DRY GOODS

- ☐ 3 cups Vegetable, Beef or Chicken Broth
- ☐ 1 package Ramen Noodles
- ☐ Sauce of choice
- ☐ 1 T Butter or cooking spray
- ☐ Salsa
- ☐ 1/2 C. Quick Oats
- ☐ 1 Scoop Protein Powder
- ☐ 1 pound Pasta of Choice
- ☐ 1 can Marinara Sauce
- ☐ 2 T Tomato Paste
- ☐ 16 Flour or corn Tortillas
- ☐ Black Olives

GROCERY STAPLES

- ☐ Salt
- ☐ Pepper
- ☐ Olive oil

SPICE CUPBOARD

- ☐ 2 teaspoons Chili Powder
- ☐ 2 teaspoons Ground Cumin
- ☐ 1/2 teaspoon Garlic Powder
- ☐ 1/2 teaspoon Dried Oregano