



Weekly Grain Planner



Sun

Mon

Tues

Wed

Thurs

Fri

Sat



Get Ready

Make a menu and shop for the week.

Think about basing your meals on whole grains, beans, and veggies.

Sunday:
brown rice



Whole Wheat

Why not make a fast dinner with whole grain pasta, fresh veggies, and a lean protein like lentils or chicken?



Corn tortillas

Make city tacos or vegetarian burritos with whole grain corn or wheat tortillas.



Barley

It is easy to make a barley pilaf or soup and add in a few roasted veggies and lean protein.



Quinoa

Quinoa is a delicious whole grain that you can make in your rice cooker.



Breakfast

Serve 100% whole-wheat toast with eggs and avocado. Go easy - you made it through another week!



Popcorn

It's movie night at your house? Great! Serve air-popped popcorn and call it done.