

7-Day Family Meal Plan

Pinoy version

Breakfast

Lunch

Dinner

Monday

Ham & Egg
Sandwich

Binagoongang Pork
with Eggplant

Chopsuey with Pork
Fruits

Tuesday

Hash Brown with
Bacon and & Boiled
Egg

Chopsuey with Pork

Fried Fish &
Stir Fried Bokchoy
w/ Carrots, & Fruits

Wednesday

Sausage & Sweet
Potato

Fried Fish &
Stir Fried Bokchoy
w/ Carrots

Embutido (Baked)
& Fruits

Thursday

Baked Chicken &
Sweet Potato

Embutido (Baked),
& Fruits

Stir Fried Minced
Beef (Asian style)
& Fruits

Friday

Sweet Potato with
Peanut Butter or
Boiled Egg

Stir Fried Minced
Beef & Fruits

Pizza
& Fruits

Saturday

Corned Beef, Fried
Egg & Rice

Stir Fried Ramen
Noodles with
Veggies & Pork

Stir Fried Ramen
Noodles, Spring
Rolls & Fruits

Sunday

Pancake

Pork Sinigang

Binagoongan Pork
with Eggplant &
Fruits

Grocery List

Things to Buy at Costco:

Bread
Egg
Milk
Chicken Breast
Pork Belly
Japanese Sausage
Fruits
Ramen Noodles (still
have at home)

Toiletries & other Stuff

Shampoo
Toilet paper

Things to Buy at No Frills or Asian Store:

Carrots
Bokchoy (or Pechay)
Eggplant (talong)
Cabbage
Cauliflower
Beans
Red Bell Pepper
Green Bell Pepper
Pickles (still have at the fridge)
Sweet Potato
Garlic
Minced Pork
Minced Beef
Fillet Fish
Pizza
Peanut Butter

Toiletries & Other stuff:

Napkin (night and day)
Panty Liner