

# Shopping List



## PART 1:

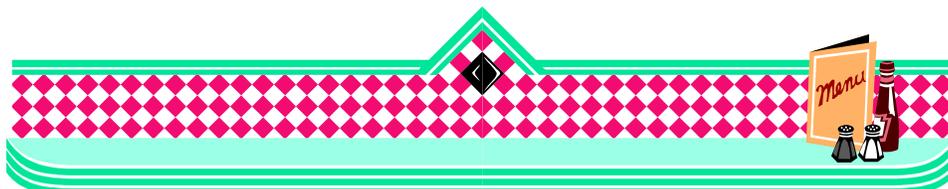
Here is a menu for one week. Your job is to update the menu to suit your personal taste preferences, and to make it lower in phe and higher in nutrition.

**First**, circle all the foods high in sugar. **Second**, cross out all the foods that are too high in phe.

Then, **write in a substitute** for each of these foods that are too high in sugar or too high in phe.

How does this menu look? Would you eat everything on it? If not, make changes to include foods you like to eat!

	Breakfast	Lunch	Dinner
<b>DAY 1</b>	Cheerios Mocha Mix Orange Juice Low Protein Toast Phenyl-Free	Bread & Jelly Sandwich Jelly Beans Potato Chips Coke	Low Protein Pasta Salad Low Protein Bread Green Beans Fruit Jello Phenyl-Free
<b>DAY 2</b>	Low Protein Pancakes Butter Syrup Apple Juice Phenyl-Free	Bread, Carrot, & Raisin Sandwich Carrot & Celery Sticks Apple Phenyl-Free	Vegetable Casserole Low Protein Bread Broccoli Apple Phenyl-Free
<b>Day 3</b>	Sugar Frosted Flakes Cereal Mocha Mix Low Protein Toast Margarine & Jelly Phenyl-Free	Bread & Jelly Sandwich Tossed Salad Apple Coke Phenyl-Free	Baked Potato Stir-fried Vegetables Low Protein Apple Bread Banana Phenyl-Free
<b>Day 4</b>	Rice Krispies Cereal Mocha Mix Phenyl-Free	Marinated Vegetables Low Protein Bread Banana Gummy Bears Phenyl-Free	Stir-fry Rice Tomatoes Garlic Bread Mango Sorbet Phenyl-Free
<b>Day 5</b>	Low Protein Banana Bread Orange Juice Cheerios Phenyl-Free	Bread & Sugar Sandwich Potato Chips Snickers Bar Phenyl-Free	Low Protein Pizza Tossed Salad Corn Fruit Salad Phenyl-Free



	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Day 6</b>	Sugar Puffs Cereal Mocha Mix Low Protein Toast Margarine & Jelly Phenyl-Free	Tomato Sandwich Apple Low Protein Applesauce Cake Phenyl-Free	Vegetable Medley Casserole Baked Potato Low Protein Bread Ice Cream Phenyl-Free
<b>Day 7</b>	Cheerios Cereal Mocha Mix Low Protein Toast Jelly Phenyl-Free	Honey Sandwich Peach Pudding Phenyl-Free	Pasta Salad Broccoli Apple Peach Crisp Phenyl-Free

**PART 2:**

Given the above week's menu, plan a shopping list of what you will need to purchase at the supermarket.

When you looked in your kitchen this morning, this is what you found:

- Jelly
- Potato Chips
- Broccoli
- All of the low protein foods



The rest of the items you must purchase at the store. Write a list of everything you will need to buy so you can prepare your meals.

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