

Diabetic GTG

All Weeks: Produce Bag with a Combination of:

Weeks 1 & 2:	Weeks 3 & 4:	Weeks 5 & 6:	Weeks 7 & 8:
2 Boxes Milk	2 Boxes Milk	2 Boxes Milk	2 Boxes Milk
2 Carrots	2 Green Beans	2 Kale	2 Peas & Carrots
2 Wax Beans	2 Carrots	2 Collard Greens	2 Beets
2 Pineapples	2 Mixed Fruit	2 Peaches	1 Diced Tomatoes
2 Pears	1 Diced Tomato	1 Applesauce	2 Man. Orange
1 Cereal	1 Can Chicken	1 Hot cereal	1 Applesauce
1 Brown Rice	1 Can Salmon	1 Whole Wheat Pasta	1 Box of Raisins
1 Saltine Crackers	1 Cereal	1 Box crackers	1 Box Crackers
1 Graham Cracker	1 Hot cereal	2 Chicken	1 Hot cereal
1 Spaghetti	1 Bag Brown Rice	2 Tuna	1 Cereal
2 Spaghetti Sauce	1 Pack Tortillas	15 Bean mix	1 Pasta
1 Butter beans	1 Box Quinoa	1 Lentil	1 Pasta Shells
1 Black-eyed Peas	1 Couscous	1 Northern Beans	1 Tomato Sauce
2 Cans Tuna	1 Kidney Bean	1 Mayonnaise	1 Salmon
1 Can Chicken	1 Black Bean	2 Tomato Sauce	1 Canned Chicken
1 Canola Oil	1 Broth	1 Vinaigrette	1 Garbanzo Bean
1 Alfredo Sauce	1 Salsa	1 Lemon Juice	1 Lima Bean
1 Peanut Butter			1 Jar of Peanuts

Carrots
Onions
Sweet Potatoes
Kale
Cauliflower
Ginger
Potatoes
Cabbage
Beets
Collard Greens
Spaghetti Squash
Turnip
Broccoli
Apples
Oranges
Pears
Lemons

Numbers to Know

Delivery Line: (202) 269-6820

Client Comments: (202) 488-4835

Call Your Dietitian Today:

Priscilla: (202) 269-6885

Agata: (202) 269-6876

Becca: (202) 269-6887

Ashley: (202) 269-6879

Penelope: (202) 269-6898

Optional Frozen Pack:

- 4 prepared meals & 2 soup
- 4 ready-to-cook cod fillets
- 4 ready-to-cook turkey burgers
- 4 ready-to-cook chicken breasts

Optional Spice Pack:

- Paprika
- Garlic Powder
- Onion Powder
- Cinnamon
- Chili Powder

Containers labeled accordingly for special diets. All items are subject to substitution based on availability of food.



Delivering hope, one meal at a time®