

Heart Healthy GTG

<u>Weeks 1 & 2:</u>	<u>Weeks 3 & 4:</u>	<u>Weeks 5 & 6:</u>	<u>Weeks 7 & 8:</u>
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 Tomato Sauce
1 Black-eyed Peas	1 Couscous	1 Northern Beans	1 Salmon
2 Cans Tuna	1 Kidney Bean	1 Canola Oil	1 Canned Chicken
1 Can Chicken	1 Black Bean	2 Tomato Sauce	1 Garbanzo Bean
1 Canola Oil	1 Broth	1 Vinaigrette	1 Lima Bean
1 Tomato Sauce	1 Salsa	1 Lemon Juice	1 Jar of Peanuts
1 Peanut Butter			

All Weeks: Produce Bag with a Combination of:

- 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 soups
 4 ready-to-cook cod filets
 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®