

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

Optional Frozen Pack:

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

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

Call Your Dietitian Today:

Priscilla: (202) 269-6885

Agata: (202) 269-6876

Optional Spice Pack:

- Paprika
- Garlic Powder
- Onion Powder

Becca: (202) 269-6887

Ashley: (202) 269-6879

Penelope: (202) 269-6898

Cinnamon

Chili Powder



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