

Renal GTG

Weeks 1 & 2:	Weeks 3 & 4:	Weeks 5 & 6:	Weeks 7 & 8:
2 Boxes Soy Milk	2 Boxes Soy Milk	2 Boxes Soy Milk	2 Boxes Soy Milk
2 Carrots	2 Green Beans	2 Green/Wax Beans	2 Peas & Carrots
2 Wax Beans	2 Carrots	2 Beets	2 Beets
2 Pineapples	2 Mixed Fruit	2 Peaches	1 Green Beans
2 Pears	2 Beets/Greens	1 Applesauce	2 Man. Orange
1 Cereal	2 Can Chicken	1 Grits	1 Applesauce
1 Rice	1 Can Salmon	1 Pasta	1 Rice cakes
1 Saltine Crackers	1 Cereal	1 Box Crackers	1 Box crackers
1 Graham Cracker	1 Grits/Farina	3 Tuna	1 Grits
1 Pasta	1 Rice	1 Salmon	1 Box Cereal
2 Broth	1 Pack Tortillas	2 Can Chicken	2 Pasta/Orzo
1 Salmon	2 Orzo/Pasta	1 Mayonnaise	1 Broth
3 Cans Tuna	1 Tuna/Salmon	2 Broth	2 Salmon
2 Can Chicken	1 Broth	1 Vinaigrette	1 Canned Chicken
1 Canola Oil			1 Tuna
			1 Popcorn

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

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 | Cinnamon |
| Garlic Powder | Chili Powder |
| Onion Powder | |

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

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

Penelope: (202) 269-6898



Delivering hope, one meal at a time®