

Vegetarian

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 Corn	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	2 Cans Beans	1 Hot Cereal	1 Applesauce
1 Brown Rice	1 Cereal	1 Pasta	1 Box of Raisins
1 Saltine Crackers	1 Hot Cereal	1 Box crackers	1 Box Crackers
1 Graham Cracker	1 Bag Brown Rice	4 Beans/Lentils	1 Hot Cereal
1 Spaghetti	1 Pack Tortillas	15 Bean mix	1 Cereal
2 Spaghetti Sauce	1 Box Quinoa	1 Lentil	1 Pasta
1 Butter beans	1 Instant Potatoes	1 Northern Beans	1 Tomato Sauce
1 Black-eyed Peas	1 Kidney Bean	1 Mayonnaise	4 Beans/Lentils
3 Can Beans	1 Black Bean	2 Tomato Sauce	1 Garbanzo Bean
1 Canola Oil	1 Broth	1 Vinaigrette	1 Lima Bean
1 Alfredo Sauce	1 Salsa	1 Lemon Juice	1 Jar of Peanuts
1 Peanut Butter			

Numbers to Know

Delivery Line: (202) 269-6820
Client Comments: (202) 488-4835

Call Your Dietitian Today:

Priscilla: (202) 269-6885 **Becca: (202) 269-6887**
Agata: (202) 269-6876 **Ashley: (202) 269-6879**

Optional Frozen Pack:

**8 prepared meals
 & 2 soups**

Containers labeled accordingly for special diets.

All items are subject to substitution based on availability of food.

Optional Spice Pack:

Paprika **Cinnamon**
Garlic Powder **Chili Powder**
Onion Powder

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



Delivering hope, one meal at a time