

Diabetic GTG

All Weeks: Produce Bag with a Combination of:

<u>Weeks 1 & 2:</u>	<u>Weeks 3 & 4:</u>	<u>Weeks 5 & 6:</u>	<u>Weeks 7 & 8:</u>
2 Boxes Milk 2 Carrots 2 Wax Beans 2 Pineapples 2 Pears 1 Cereal 1 Brown Rice 1 Box Crackers 1 Graham Cracker 1 Spaghetti 2 Tomato Sauce 1 Butter beans 1 Black-eyed Peas 2 Cans Tuna 1 Can Chicken 1 Canola Oil 1 Alfredo Sauce 1 Peanut Butter 1 Diced Tomato	2 Boxes Milk 2 Green Beans 2 Carrots 2 Mixed Fruit 1 Diced Tomato 1 Can Chicken 1 Can Salmon 1 Cereal 1 Hot cereal 1 Bag Brown Rice 1 Pack Tortillas 1 Box Quinoa 1 Bulgur Wheat or Barley 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 Whole Wheat Pasta 1 Box Crackers 2 Chicken 2 Tuna 15 Bean mix 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 2 Pasta Tomato Sauce 1 Salmon 1 Canned 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

Call Your Dietitian Today:

Becca: (202) 269-6885

Matt: (202) 269-6887

Ashley: (202) 269-6898

Jenn: (202) 269-6879

Nicole: (202) 269-6876

Optional Frozen Pack:

A combination of 12 ready-to-cook cod fillets, ready-to-cook chicken breasts, ready-to-cook turkey burgers and ready-to-cook veggie burgers

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

Optional Spice Pack:

Paprika

Garlic Powder

Onion Powder

Cinnamon

Chili Powder



FOOD & FRIENDS