

Heart Healthy GTG

Weeks 1 & 2:

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 Spaghetti Sauce
 1 Butter beans
 1 Black-eyed Peas
 2 Cans Tuna
 1 Can Chicken
 1 Canola Oil
 Tomato Sauce
 1 Peanut Butter
 1 Diced Tomato

Weeks 3 & 4:

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 Bag Brown Rice
 1 Pack Tortillas
 1 Box Quinoa
 1 Bulgur Wheat or Barley
 1 Kidney Bean
 1 Black Bean
 1 Broth
 1 Salsa

Weeks 5 & 6:

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 Canola Oil
 2 Tomato Sauce
 1 Vinaigrette
 1 Lemon Juice

Weeks 7 & 8:

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

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

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.

Call Your Dietitian Today:

Becca: (202) 269-6885

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Optional Spice Pack:

Paprika

Cinnamon

Garlic Powder

Chili Powder

Onion Powder



FOOD & FRIENDS