

## High-Calorie Groceries-To-Go

Weeks 1+2	Weeks 3+4	Weeks 5+6	Weeks 7+8	<i>All Weeks: Produce Bag with a Combination of:</i>
2 Boxes Whole Milk 2 Carrots 2 Wax Beans 2 Pineapples 2 Pears 1 Cereal 1 Brown Rice 1 Box 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 2 Alfredo Sauce 2 Peanut Butter 1 Canola Oil	2 Boxes Whole 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 Canola Oil	2 Boxes Whole 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 2 Mayonnaise 2 Tomato Sauce 1 Vinaigrette 1 Lemon Juice <b><u>Call Your Dietitian Today:</u></b> <b>Becca: (202) 269-6885</b> <b>Matt: (202) 269-6887</b>	2 Boxes Whole 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 2 Jars of Peanuts <b>Ashley: (202) 269-6898</b> <b>Jenn: (202) 269-6879</b>	Carrots Onions Sweet Potatoes Kale Cauliflower Ginger Potatoes Cabbage Beets Collard Greens Spaghetti Squash Turnip Broccoli Apples Oranges Pears Lemons <b>Nicole: (202) 269-6876</b>

**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.*

*\*No Fish will get substitution*

**Optional Spice Pack:**

*Paprika*

*Garlic Powder*

*Onion Powder*

*Cinnamon*

*Chili Powder*



**FOOD &  
FRIENDS**