

Regular GTG

All Weeks: Produce Bag with a Combination of:

Weeks 1 & 2:	Weeks 3 & 4:	Weeks 5 & 6:	Weeks 7 & 8:	
2 Boxes Milk	2 Boxes Milk	2 Boxes Milk	2 Boxes Milk	Carrots
2 Carrots	2 Green Beans	2 Kale	2 Peas & Carrots	Onions
2 Wax Beans	2 Corn	2 Collard Greens	2 Beets	Sweet Potatoes
2 Pineapples	2 Mixed Fruit	2 Peaches	1 Diced Tomatoes	Kale
2 Pears	1 Diced Tomato	1 Applesauce	2 Mandarin Oranges	Cauliflower
1 Cereal	1 Can Chicken	1 Hot Cereal (Grits)	1 Applesauce	Ginger
1 Brown Rice	1 Can Salmon*	1 Pasta	1 Box of Raisins	Potatoes
1 Box Crackers	1 Cereal	1 Box Crackers	1 Box Crackers	Cabbage
1 Graham Cracker	1 Hot cereal (Oatmeal)	2 Chicken	1 Hot Cereal (CrmWhet)	Beets
1 Pasta	1 Brown Rice	2 Tuna*	1 Cereal	Collard Greens
2 Tomato Sauce	1 Pack Tortillas	15 Bean Soup	2 Pasta	Spaghetti Squash
1 Diced tomatoes	1 Box Quinoa	1 Lentil	2 Tomato Sauce	Turnip
1 Butter beans	1 Instant Potatoes	1 Northern Beans	1 Salmon*	Broccoli
1 Black-eyed Peas	1 Kidney Bean	1 Mayonnaise	1 Chicken	Apples
2 Cans Tuna*	1 Black Bean	2 Tomato Sauce	1 Garbanzo Bean	Oranges
1 Can Chicken	1 Broth	1 Vinaigrette	1 Lima Bean	Pears
1 Canola Oil	1 Salsa	1 Lemon Juice	1 Jar of Peanuts	Lemons
1 Alfredo Sauce				
1 Peanut Butter				

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.

**No Fish will get substitution*

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 Spice Pack:

Paprika

Cinnamon

Garlic Powder

Chili Powder

Onion Powder



FOOD & FRIENDS