

## Vegetarian GTG

| <u>Weeks 1 &amp; 2:</u> | <u>Weeks 3 &amp; 4:</u> | <u>Weeks 5 &amp; 6:</u> | <u>Weeks 7 &amp; 8:</u> |
|-------------------------|-------------------------|-------------------------|-------------------------|
| 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 Box 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                | 2 Pasta                 |
| 1 Butter beans          | 1 Instant Potatoes      | 1 Northern Beans        | 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         |                         |                         |                         |
| 1 Diced Tomato          |                         |                         |                         |

**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:**

*12 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**

**Matt: (202) 269-6887**

- Paprika*
- Garlic Powder*
- Onion Powder*

**Ashley: (202) 269-6898**

**Jenn: (202) 269-6879**

**Optional Spice Pack:**

- Cinnamon*
- Chili Powder*

**Nicole: (202) 269-6876**



**FOOD & FRIENDS**