

Meal Plan				Breakfast	Lunch	Snack	Dinner
				Option 1	Option 1	Option 1	Option 1
Breakfast	Name of dish for the week			Option 2	Option 2	Option 2	Option 2
Lunch	Name of dish for the week			Option 3	Option 3	Option 3	Option 3
Snack	Name of dish for the week			Option 4	Option 4	Option 4	Option 4
				Option 5	Option 5	Option 5	Option 5
	Main	Side	Other	Option 6	Option 6	Option 6	Option 6
Sunday	Option 1	Option 1	Option 1	Option 7	Option 7	Option 7	Option 7
Monday	Option 1	Option 1	Option 1	Option 8	Option 8	Option 8	Option 8
Tuesday	Option 1	Option 1	Option 1	Option 9	Option 9	Option 9	Option 9
Wednesday	Takeout			Option 10	Option 10	Option 10	Option 10
Thursday	Option 2	Option 2	Option 2				
Friday	Option 2	Option 2	Option 2				
Saturday	Option 2	Option 2	Option 2				
Sunday	Dinner outside						
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Yellow Onions						
Spring onions						
Tomato						
Lime						
Lemon						
Mushrooms						
Cucumber small						
Cucumber large						
Green chili						
Cilantro						
Mint						
Carrots						
Medley - Broccoli, Carrot, Cauli						
Basil						
Parsley						
Leeks						
Eggplant						
Broccoli						
Broccolini						
Cauliflower						
Cabbage						
Lettuce						
Bok choy						
Zucchini						
Okra						
Brussel sprouts						
Radish						
Turnip						
Avocado						
Asparagus						
Corn on the cob						
Ginger						
Peeled garlic						
Whole garlic						
Jalapeno						
Fruit						
Banana						
Apple						
Orange						
Strawberries						
Pear						
Peach						
Plum						
Kiwi						
Cut watermelon						
Pineapple						
Assorted						
Hippeas						
Skinny pop						
Plantain chips						
KIND Bars						
Olive oil						
Vegetable oil						
Salt						
Pepper						
Sugar						
Canned Kidney Beans						
Canned Garbanzo beans						
Corn tortillas						
Fresh beans for taco						
Ketchup						

Mayo						
Mustard						
Whipped cream						
Wasabi peas						
Pepsi						
Diet Sprite						
Coke Zero						
Pasta sauce						
Nonstick foil						
Soup						
Spices						
Flowers						
Croissant						
Doughnuts						
Iced tea						
Safeway Ready to eat salad						