

SHOPPING LIST

VEGGIES

- ☐ 1 Avocado
- ☐ 1 Lime
- ☐ 12 oz Asparagus
- ☐ 1 package Baby Spinach
- ☐ 1 head Iceberg Lettuce
- ☐ 1 Roma Tomato
- ☐ 1 Sweet Potato
- ☐ 1 Bell Pepper
- ☐ 1 Onion
- ☐ 1 Bunch of Cilantro

NUTS

- ☐ 1 package walnuts

PROTEIN

- ☐ 8 oz chicken breast
- ☐ 8 oz ground turkey
- ☐ 1 carton of eggs

MISC.

- ☐ 2 oz Hummus

GRAINS

- ☐ 1 package rice
- ☐ 1 package whole wheat lavash bread

WEEKLY LUNCHES



MONDAY

Grilled Chicken &
Roasted Veggies w/ Rice



TUESDAY

Burrito Bowl w/
Ground Turkey



WEDNESDAY

Grilled Chicken &
Veggie Lavash Wrap



THURSDAY

Turkey ‘Burger’ w/
Sweet Potato Fries



FRIDAY

Avocado-Egg
Salad Lavash Wrap

W E L L + G O O D