

# LUNCH ESSENTIALS

## shopping list

FRESH FRUIT (WHATEVER'S SEASONAL!) ■

PRE-CHOPPED VEGGIE STICKS ■

ORGANIC STRING CHEESE OR NON-GMO  
CHEESE SLICES LIKE APPEGATE NATURALS®  
AMERICAN-STYLE COLBY ■



AVOCADOS ■

■ LOW-SUGAR GRANOLA

■ LOW-SUGAR ORGANIC  
WHOLE MILK YOGURT

■ TRAIL MIX

■ APPEGATE ORGANICS® OVEN  
ROASTED TURKEY BREAST

■ WHOLE GRAIN OR GLUTEN-FREE  
BREAD OR TORTILLA WRAPS

■ WHOLE GRAIN OR GLUTEN-FREE  
PRETZELS OR CRACKERS



IN PARTNERSHIP WITH



APPEGATE.

× WELL + GOOD