

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