

Healthy Eating- Meal Plan

Week TWO

PRODUCE:

Bell Peppers

Zucchini

Avocados

Onions

Mini Peppers

Salad Kits

Fresh Basil

Cherry Tomatoes

Pineapple

Fresh Salsa

Sweet Potatoes

Beets

MEAT:

Ground White Turkey

Fresh or Frozen Turkey

or Chicken Patties

Eggs

Wild Caught Fish

MIDDLE SECTION:

Organic Canned Diced Tomatoes

Organic Canned Tomato Sauce

Organic Black Beans

Stevia

SuperSeedz- Pumpkin Seeds

Crunchy Kale

Lara Bars

DAIRY:

Fresh Mozzarella

Ultra Thin Cheese Slices

Kefir Milk