

# HEALTHY EATING

## MEAL PLAN

### WEEK ONE

#### **PRODUCE:**

5-6 Bags Taylor Farms Kale Salad  
6-8 Avocados  
2-4 Stalks Broccoli  
2-4 Bananas  
2-4 Nectarines  
2 Packages Cherry Tomatoes  
One Bag Mini Peppers  
One Package Lettuce  
2-4 Small Onions  
Fresh Salsa  
2 Lemons or Lemon Juice

#### **MEAT:**

1-2 Bags Wild Caught Fish  
2-4 Packages Ground Turkey  
2-4 Packages Chicken Breasts

#### **FREEZER:**

One Package Sprouted Grains Bread  
One Box Artic Zero Desserts

#### **DAIRY**

One Container Chobani Plain Greek Yogurt  
1-2 Bottles Lifeway Kiefer Milk  
One Package Fresh Mozzarella

#### **MIDDLE SECTION:**

One Container Natural Peanut Butter  
High pH Water  
One Package Nuts or Seeds