

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	Day 10
		Mexi	Turkey	Stuffed	Taco	Stuffed	Greek	Turkey	Spaghetti	Hummus	Stir Fry
	Total	Bowl	Roasted Veg.	Mushrooms	Soup	Sw.Potatoe	Bowl	R.R. Veg.	Zoodles	Bowl	
Servings		2	3	1	4	4	1	2	4	1	4
Produce											
Avocado	1	1									
banana pepper	1						1				
beets	1							1			
bellpepper	1 1/2						1/2				1 red
Black Olives	10	6					4				
bok choy	1/2 c										1/2 cup
broccoli	1/2c										1/2 cup
Brussel Sprouts	2c		2 cups								
butternut squash	1							1			
carrots	5				2			1			2
Cauliflower	1		1 medium								
celery	1				1 stalk						
cucumber	3/4 c						1/4			1/2	
Garlic	15		5 cloves	1 clove	2 cloves	1 clove		6 cloves			
jalapeno	1/2				1/2						
lemon	1/2			1/2							
Lettuce	1/2	1/2									
Lime	1 1/2	1/2			1						
mushrooms	6oz										6 oz
Onion	3	1/2		1/4	1		1/4				1
parsnip	1							1			
portobella mushroom	1			1							
purple cabbage	1 cup				1 cup						
red onion	1 3/4					1		1/2		1/4	
spinach	2 cup			1 cup			1 cup				
squash	1				1						
sweet potato	5					4		1			
Tomato	5	2		1			1			1	
zucchini	5				1				4		

