



## Step 2 (cont): ...what do you like to eat?

NONSTARCHY VEGETABLES	STARCHY VEGETABLES	PROTEIN	FRUITS

## Step 3: Create a list of meals that interest you.

BREAKFAST	LUNCH	DINNER	SNACKS

*A Health Advisor from Pack Health can customize this for your health needs!*

MON TUES WEDS THURS FRI SAT SUN

<i>breakfast</i>							
<i>lunch</i>							
<i>dinner</i>							
<i>snack</i>							

----- this week's -----  
**GROCERY LIST**

SHIPT delivery: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Budget: \$ \_\_\_\_\_