

Grocery List

Dairy

- Cream Cheese
- Heavy Cream
- Milk
- Mozzarella Cheese
-

Meat

- Shrimp
- Meatball
- Chicken
-
-

Grain

- Bagel
- Oats
- Bread
- Tortilla
- Spaghetti
- Rice
-
-
-

Vegetables

- Lettuce
- Tomato
- Corn
- Avocado
- Tofu
-

Seasoning

- Tomato sauce
- Mayo
- Pesto
- Italian seasoning
-
-

Fruits

- Strawberry
- Banana
-
-
-
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Grocery List

Dairy

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Meat

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Grain

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Vegetables

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Seasoning

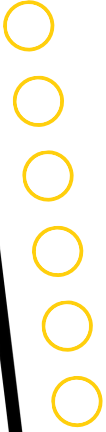
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Fruits

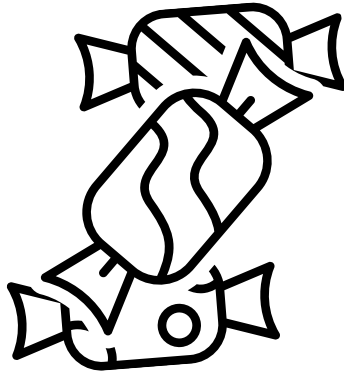
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GROCERY LIST

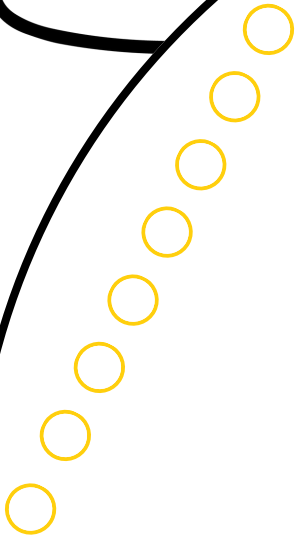
Dairy



Extras



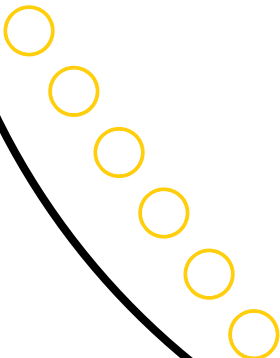
Vegetables



Grains



Fruits



Protein



D1:

bagel w/ cream cheese

shrimp salad

pasta w/ meatballs

D2:

oatmeal w/ fruit

chicken sandwich

beans w/ shrimp tacos

D3:

avocado toast w/ tomatoes

tofu stirfry

rice w/ sweet and sour chicken

D4:

bagel w/ cream cheese

chicken caesar salad

shrimp alfredo pasta

D5:

oatmeal w/ fruit

tofu stir fry

avocado shrimp tempura sushi

D6:

bagel w/ cream cheese

baked chicken pesto

pasta w/meatballs

D7:

avocado toast w/ tomatoes

chicken katsu w/ rice

bagel pizza

need:

- bagel
- cream cheese
- shrimp
- lettuce
- tomato
- corn
- spaghetti
- meatball
- tomato sauce
- oats
- strawberry
- banana
- chicken
- bread
- mayo
- beans
- tortilla
- avocado
- tofu
- rice
- heavy cream
- milk
- pesto
- seasoning
- mozzarella cheese