Weekly Meal Plan

Monday

B:

L:

D:

Tuesday

B:

L:

D:

Wednesday

B:

L:

D:

Thursday

B:

L:

D:

Friday

B:

L:

D:

Saturday

B:

L:

D:

Sunday

B:

L:

D:

Grocery List

Potatoes

Beans

Tatsoi

Broccoli

Onion

Tomatoes

Arugula or Spinach

Kale*

LETTUCE

CAULIFLOWER

CARROTS

MUSTARD GREENS

*Items with an asterisk (*) are exclusive to Staple shares

*Items in CAPS are exclusive to Gonzo shares