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

Kale

Beans

Radishes

Broccoli

Lettuce

Tatsoi*

BROCCOLI RAAB

CAULIFLOWER OR ROMANESCO

BEETS

GARLIC

SCALLIONS OR ONIONS

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

*Items in CAPS are exclusive to Gonzo shares