	ITEM	Substitutions/Notes			
	Bakery:				
☐	- 1 slice Crusty whole grain bread [Z]				
☐	- 2 1⁄2 Whole wheat pita [P,P2,X,P3]				
☐	- 6 slices Whole-wheat bread [M]				
☐	- 8 Crunchy corn taco shells [B]				
☐	- 12 Corn tortillas [I,I2,V]	- notes: or whole grain tortillas, warmed			
	Baking:				
☐	- 1 tablespoon Apple cider vinegar [T,T2]				
☐	- 1⁄2 cup Unsweetened, dried apricots [S,S2]				
☐	- 2 tablespoons Canola [Y]				
☐	- 3 tablespoons Canola oil [F]				
☐	- 2 tablespoons Dried cherries [T,T2]				
☐	- 1⁄2 cup Mini chocolate chips [F]				
☐	- 2 teaspoons Honey [Q,T,Q2,T2]				
☐	5 cups Olive oil [E,K,M,V, E2,Z]				
☐	- 1 teaspoon Baking powder [F]				
☐	- 1 tablespoon Sambal oelek [Y]	Asian chile-garlic sauce			
☐	- 2 teaspoons Toasted sesame oil [Y]				
☐	- 1⁄4 teaspoon Baking soda [F]				
☐	- 1⁄3 cup Packed brown sugar [F]				
☐	- 1⁄4 cup Unsalted toasted sunflower seeds [U]				
☐	- 1 teaspoon Vanilla extract [F]				
☐	- 2 teaspoons Red wine vinegar [D]				
	Beverages:				
☐	- ⅔ cup coconut water [A,A2]				
	Canned Goods:				
☐	- 1 (15 oz) can Black beans [V]				
☐	- 4 Mandarin orange [R,R2,R3,R4]				
☐	- 2 tablespoons Pizza sauce	- notes: or marinara sauce			
☐	- 1 cup Salsa [B,I,I2,V]				
☐	- 1 (15 ounce) can No-salt-added chickpeas [K]				
☐	- 2 tablespoons Tahini [K]				
☐	- 4 (5 ounce) can Unsalted light tuna packed in water				
	Condiments:				
☐	- 2 teaspoons Hickory liquid smoke* [D]	can sub smoked paprika			
☐	- 1 teaspoon Dijon mustard [T,T2]				
☐	- 1 cup Low-sodium bbq sauce [D]				
☐	- 3 tablespoons Tamari [Y]				
	Dairy:				
☐	- 1⁄2 cup Crumbled goat cheese [M,T,T2]	can sub feta cheese			
☐	- 8 ounces Fresh buffalo mozzarella	can sub cow's milk mozzarella			
☐	- 2 cups Shredded cheddar cheese [B,D,I,I2]				
☐	- 2 each String cheese [H,H2]				
☐	- 11 large Eggs [F,M,Z]				
☐	- 1 cup Liquid egg substitute [I,I2]				
☐	- 1 1⁄4 cups Plain lowfat Greek yogurt [B,V,W,X]				
	Deli:				
☐	- 2 cups Cooked rotisserie chicken [T,T2]				

☐	- 1 1⁄4 cups Hummus [P,U,P2,P3]				
	Dry Goods:				
☐	- 2 ounces Almonds [S,S2]				
☐	- 2 tablespoons Almond butter [Q,Q2]	can sub other nut butter			
☐	- 1 1⁄2 cups Nut butter				
☐	- 1 ½ cups rolled oats [F]				
☐	- 1⁄4 cup Toasted pecans [T,T2]				
☐	- ⅔ cup quinoa [K]				
☐	- 4 cups Cooked brown rice [Y]				
☐	- 1 teaspoon Toasted sesame seeds [Y]				
☐	- 2 tablespoons Shelled raw hemp seeds [A,A2]				
	Frozen:				
☐	- 3 Spicy black bean burgers [B]	such as Morningstar Farms brand			
☐	- 3⁄4 cup Frozen corn				
☐	- 4 Whole grain freezer waffles [Q,Q2]				
☐	- 1 cup Frozen mango chunks [A,A2]				
☐	- 1 cup 1 (8 ounce) pouch microwavable quinoa [U]				
☐	- 1 cup Frozen shelled edamame [U]				
☐	- 1 pound Raw peeled and deveined medium shrimp [Y]				
	Meat:				
☐	- 1 1⁄4 pounds boneless, skinless Chicken breast [V]				
☐	- 2 1⁄2 pounds Boneless pork loin roast [D]				
☐	- 1 pound Tilapia	can sub with haddock or other white-fish fillets			
	Produce:				
☐	- 4 Apple [L,Q,T,Q2,L2,T2]	can sub fresh pear			
☐	- 2 small Apples	for snacks			
☐	- 3 3⁄4 Avocado [U,V,W,Z]				
☐	- 2 small Banana				
☐	1 (8 ounce) package refrigerated cooked whole baby beets [U]				
☐	- 3 cups Blueberries [G,G2]				
☐	- 2 cups Diced butternut squash [M]				
☐	- 4 cups Shredded cabbage [W]	can be green or red			
☐	- 2 large Carrot [A,A2]				
☐	- 1 cup Shredded carrot [W]				
☐	- 1 medium head Cauliflower [K]				
☐	- 1⁄2 cup Chopped fresh cilantro [W]				
☐	- 3 clove Garlic [K,W,X]				
☐	- 3 tablespoons + 1 1⁄2 teaspoons Finely grated peeled ginger [A,Y,A2]				
☐	- 4 cups Grapes [C,C2,C3,C4]				
☐	- 2 Grapefruit [J,J2,J3]				
☐	- 1 (5 ounce) package Baby kale [U]				
☐	- 4 cups Thinly sliced stemmed kale [M]				
☐	4 lemons [E,E2,U,X,Z]				
☐	- 1 cup Baby lettuce [Z]				
☐	- 4 cups Lightly packed mixed baby lettuce [T,T2]				
☐	- 1 1⁄2 cups Shredded lettuce [B]				
☐	- 3 small Limes				
☐	- 2 tablespoons Fresh lime juice [V]				
☐	- 2 tablespoons Lime juice [W]				

☐	- 2 teaspoons Lime zest [V,W]				
☐	- 2 Navel orange [A,A2]				
☐	- 4 large Green onions [D]				
☐	- 1 small Red onion [V]				
☐	- 2 medium Bell peppers [Y]				
☐	- 4 1⁄2 each Red bell pepper [T,V,T2]				
☐	- 1 1⁄2 cups Red bell pepper [P,P2,P3]				
☐	- 1⁄2 cup Red bell pepper, diced				
☐	- 2 Persian cucumbers [X]				
☐	- 8 cups Diced pineapple [N,N2]				
☐	- 8 medium Sweet potatoes [D]				
☐	- 3 large Fresh sage leaves [M]				
☐	- 1 Shallot [M]				
☐	- 8 ounces Snow peas [Y]				
☐	- 4 cups Baby spinach [K]				
☐	- 4 medium Yellow squash [E,E2]				
☐	- 1 tablespoon Finely grated peeled turmeric [A,A2]				
☐	- 6 medium Zucchini [E,F,E2,V]				
	Snacks:				
☐	- 1 cup Corn tortilla chips, crushed [D]				
	Spices:				
☐	- pinch Cayenne pepper [A,A2]				
☐	- 1 tablespoon Chili powder [V]				
☐	- 1 teaspoon Ground cinnamon [F,Q,Q2]				
☐	- 1 1⁄2 teaspoons Ground cumin [V]				
☐	- 1 tablespoon Curry powder [K]				
☐	- 2 teaspoons Garlic powder [D,V]				
☐	- 1⁄8 teaspoon Crushed red pepper [Z]				
	### Planned Recipes ###				
	Sunday, Jan 3:				
☐	[A] Tropical Carrot, Ginger, and Turmeric Smoothie Tropical Carrot, Ginger, and Turmeric Smoothie				
☐	[B] Quick Crunchy Black Bean Tacos Quick Crunchy Black Bean Tacos				
☐	[C] Grapes				
☐	[D] Loaded Slow Cooker Pulled Pork Baked Sweet Potatoes Loaded Slow Cooker Pulled Pork Baked Sweet Potatoes				
☐	[E] Roasted Zucchini & Squash Roasted Zucchini & Squash				
☐	[F] Flourless Blender Zucchini Muffins Flourless Blender Zucchini Muffins				
☐	[G] Blueberries				
☐	[H] String cheese				
	Monday, Jan 4:				
☐	[I] Quick Breakfast Taco Quick Breakfast Taco				
☐	[J] Grapefruit				
☐	[K] Roasted Chickpea Curry Bowl Roasted Chickpea Curry Bowl				
☐	[L] Apple				
☐	[M] Baked Frittata with Butternut Squash, Kale & Sage Baked Frittata with Butternut Squash, Kale & Sage				

☐	[N] Diced pineapple				
☐	[O] Apple + 1 tbsp peanut butter				
☐	[P] Bell pepper, hummus & pita snack Bell pepper, hummus & pita snack				
	Tuesday, Jan 5:				
☐	[Q] Whole grain waffles & cinnamon apples Whole grain waffles & cinnamon apples				
☐	[R] Mandarin orange				
☐	[E2] Roasted Zucchini & Squash Roasted Zucchini & Squash				
☐	[S] Almonds & Apricots Almonds & Apricots				
	Wednesday, Jan 6:				
☐	[I2] Quick Breakfast Taco Quick Breakfast Taco				
☐	[J2] Grapefruit				
☐	[T] Lunch Harvest Salad with Chicken Lunch Harvest Salad with Chicken				
☐	[R2] Mandarin orange				
☐	[C2] Grapes				
☐	[U] Vegan Superfood Buddha Bowls Vegan Superfood Buddha Bowls				
☐	[C3] Grapes				
☐	[P2] Bell pepper, hummus & pita snack Bell pepper, hummus & pita snack				
☐	[G2] Blueberries				
☐	[H2] String cheese				
	Thursday, Jan 7:				
☐	[Q2] Whole grain waffles & cinnamon apples Whole grain waffles & cinnamon apples				
☐	[L2] Apple				
☐	[V] Sheet Pan Chicken Tacos Sheet Pan Chicken Tacos				
☐	[W] Creamy Avocado-Lime Slaw Creamy Avocado-Lime Slaw				
☐	[X] Cucumber Tzatziki Snack Cucumber Tzatziki Snack				
☐	[S2] Almonds & Apricots Almonds & Apricots				
☐	Friday, Jan 8:				
☐	[A2] Tropical Carrot, Ginger, and Turmeric Smoothie Tropical Carrot, Ginger, and Turmeric Smoothie				
☐	[R3] Mandarin orange				
☐	[C4] Grapes				
☐	[Y] 15-Minute Shrimp & Veggie Stir-Fry 15-Minute Shrimp & Veggie Stir-Fry				
☐	[N2] Diced pineapple				
☐	[O2] Apple + 1 tbsp peanut butter				
☐	[P3] Bell pepper, hummus & pita snack Bell pepper, hummus & pita snack				
☐	Saturday, Jan 9:				
☐	[Z] Avocado-Egg Breakfast Toast Avocado-Egg Breakfast Toast				
☐	[J3] Grapefruit				
☐	[T2] Lunch Harvest Salad with Chicken Lunch Harvest Salad with Chicken				
☐	[R4] Mandarin orange				

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