

SPROUT RIGHT WEEKLY LUNCH PLANNER

Protein

meat, fish, tofu, egg, quinoa, cheese

Carbohydrates

pasta, rice, bread, wrap, pita, potato

Vegetables

tomato, carrot, celery, cucumber, zucchini, leafy greens, broccoli, peas, bell pepper, cauliflower, mushrooms, edamame, radish, beets, sweet potato, asparagus, squash

Fruits

apple, banana, avocado, grapes, apricot, plum, grapefruit, orange, olives, pear, cherries, melon, kiwi fruit, pineapple, mango, nectarine, strawberries, blueberries, raspberries, blackberries

NAME:

DATE:

MONDAY

- _____
- _____
- _____
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- _____

TUESDAY

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- _____
- _____
- _____
- _____

WEDNESDAY

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- _____
- _____
- _____

THURSDAY

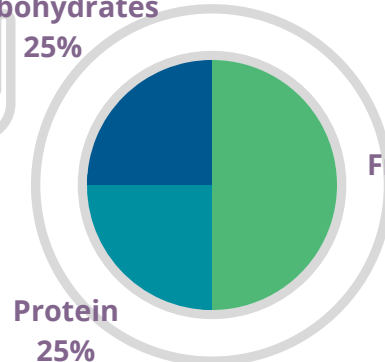
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FRIDAY

- _____
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- _____
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- _____

Carbohydrates

25%



Protein
25%

Fruits & Veggies
50%

