

Eggs
Turkey
Banana Strawberry Smoothie
Lettuce
Tomato
Sourdough Bread
Chicken Jelepeño Sausage
Chicken Maple Sausage
Broccoli Potato Cakes
Coconut Milk
Potatoes
Dried Chives
Earth Balance Butter Spread
Chicken Noodle Soup
Steak
Lea & Perrins Worchester Sauce
Salt
Mexican Seasoning
Raisins
Peanut Butter
Brown Rice
Mustard

Pick 3 Ingredients

Eggs	Nutricious
Turkey	Savory
Banana Strawberry Smoothie	Smooth
Lettuce	Crunchy
Tomato	Juicy
Sourdough Bread	Soft
Chicken Jelepeño Sausage	Spicy
Chicken Maple Sausage	Sweet
Broccoli Potato Cakes	Filling
Coconut Milk	Light
Potatoes	Filling
Dried Chives	
Earth Balance Butter Spread	Soft
Chicken Noodle Soup	Warm
Steak	Hearty
Lea & Perrins Worchester Sauce	Tangy
Salt	Essensial
Mexican Seasoning	Flavorful
Raisins	
Peanut Butter	Chunky
Brown Rice	Mild
Mustard	Enhancing

Eggs	Nutricious
Turkey	Savory
Banana Strawberry Smoothie	Smooth
Lettuce	Crunchy
Tomato	Juicy
Sourdough Bread	Soft
Chicken Jelepeño Sausage	Spicy
Chicken Maple Sausage	Sweet
Broccoli Potato Cakes	Filling
Coconut Milk	Light
Potatoes	Filling
Dried Chives	
Earth Balance Butter Spread	Soft
Chicken Noodle Soup	Warm
Steak	Hearty
Lea & Perrins Worchester Sauce	Tangy
Salt	Essensial
Mexican Seasoning	Flavorful
Raisins	
Peanut Butter	Chunky
Brown Rice	Mild
Mustard	Enhancing

Eggs

Turkey

Banana Strawberry Smoothie

Lettuce

Tomato

Sourdough Bread

Chicken Jelepeño Sausage

Chicken Maple Sausage

Broccoli Potato Cakes

Coconut Milk

Potatoes

Dried Chives

Earth Balance Butter Spread

Chicken Noodle Soup

Steak

Lea & Perrins Worcester

Sauce

Salt

Mexican Seasoning

Raisins

Peanut Butter

Brown Rice

Mustard

**Fill your lunch with a savory
turkey, juicy tomato, and
enhancing mustard sandwich.**

**Balance your breakfast with
nutritious eggs, filling broccoli
potato cakes, and sweet chicken
maple sausage.**