

THE HAPPY BODY WELLNESS

WHOLE FOODS MARKET WEEK'S WORTH OF LUNCHESES

MONDAY

Chicken Sweet Kale and Orzo Salad

TUESDAY

Mini-Thanksgiving (sliced turkey, green beans, squash)

WEDNESDAY

Chicken Orzo Salad

THURSDAY

Turkey Caesar Salad

FRIDAY

Warm Chicken, Orzo, Squash, and Green Bean Bowl

THE HAPPY BODY SHOPPING LIST

PROTEINS:

Whole Foods Market, Plain Rotisserie Chicken (Cold), 28 Ounce

Turkey Breast Herb Roasted Inhouse Charcuterie by Prepared Foods, .5lbs

GRAINS and STARCHY VEGETABLES:

Whole Foods Market, Salad Spinach Orzo Fresh Pack, 24 Ounce by Whole Foods Market

Squash Butternut Roasted Chef's Case by Prepared Foods, whole container

GREENS:

365 Everyday Value, Sweet Kale Salad Kit, 11 oz by 365 Everyday Value

365 Everyday Value, Organic Salad Kit, Kale Caesar, 9.25 oz by Whole Foods Market

Green Bean Shallots Fresh Pack, 20 Ounce by Prepared Foods

WHOLE FOODS MARKET SUBTOTAL (7 ITEMS): \$46.69