



WORK LUNCH SHOPPING LIST

PRODUCTS NOT INCLUDED

MONDAY

TIN OF TUNA (IN WATER) OR COOKED, CHOPPED
CHICKEN BREAST

TUESDAY

LOW-GI SEEDED ROLL OR WHOLEWHEAT ROLL (BUTTER
OPTIONAL)

WEDNESDAY

WHOLEWHEAT WRAP OR BROWN PITA BREAD

THURSDAY

SIMPLE GREEN SALAD WITH COS LETTUCE, CUCUMBER,
SPRING ONION, CRUMBLLED FETA

FRIDAY

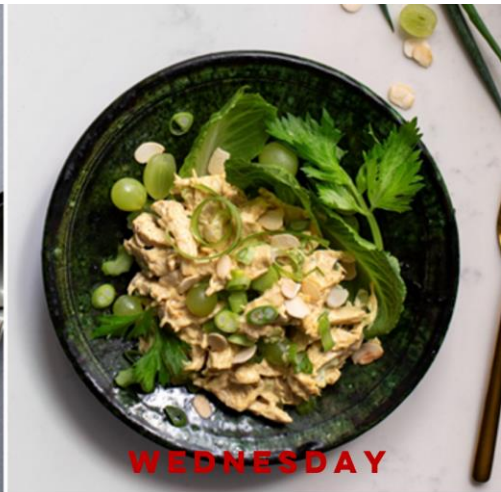
NOTHING



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY