

NEW-TO-TRY			DATE:	NEW-TO-TRY
BROCCOLI	SOCIALIZE	INVITE INVITE INVITE	COOK DINNER FOR:	BLK BEANS
KALE				PINTO BEANS
SW. CHARD				WHITE BEANS
SPINACH				KIDNEY BEANS
BEETS	PHYSICAL ACTIVITY	WALK	SUPPLEMENT ACTIVITY	BEANS
CARROTS				GARBANZO
PARSNIPS				ALMONDS
TURNIPS				CASHEWS
FENNEL	MONDAY MEALS			PEANUTS
TOMATOES	BREAKFAST	LUNCH	DINNER	WALNUTS
AVOCADO				PECANS
CAULIFLOWER				HAZEL NUTS
SW. PEPPERS				PISTACHIOS
ZUCCHINI	TUESDAY MEALS			BRAZIL NUTS
YEL. SQUASH	BREAKFAST	LUNCH	DINNER	PIGNOLI NUTS
JALAPENO				KEFIR
BOK CHOY				BLUEBERRIES
BROCC. RABE				RASPBERRIES
ONIONS	WEDNESDAY MEALS			STRAWBERRIES
RED ONIONS	BREAKFAST	LUNCH	DINNER	BLACKBERRIES
SCALLIONS				APPLES
LEEKs				PEARS
CUCUMBERS				ORANGES
EGGPLANT	THURSDAY MEALS			GRAPEFRUIT
MUSHROOMS	BREAKFAST	LUNCH	DINNER	TANGERINES
BOK CHOY				CLEMENTINES
ARUGULA				LEMON
SALAD GREENS				LIME
SWISS CHARD	FRIDAY MEALS			POMERGRANITE
SEAWEED	BREAKFAST	LUNCH	DINNER	MANGO
YUCA				GRAPES
SPAG SQUASH				BANANA
ACORN SQ				WATERMELON
J SW POTATC	SATURDAY MEALS			PEACHES
SWEET. POT	BREAKFAST	LUNCH	DINNER	NECTATINES
POTATO				APRICOTS
YEAST				PINEAPPLE
GINGER				CHERRIES
ROSEMARY	RELAX TIME	MEDITATE	NAP	PAPAYA
THYME				TUMERIC
BASIL	SENSE OF PURPOSE	ASK AN ELDER 4 HELP	SELF LOVE 4 HEALTH	GINGER
DILL				COCONUT
SAGE	WEB: www.gethealthywithlane.com BLOG: www.healthcoachlane.com			COCONUT WTR