

PERPETUAL MEAL PLAN

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S			1	
M			2	
T			3	
W			4	
TH			5	
F			6	
S			7	

PERPETUAL MEAL PLAN

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S			8	
M			9	
T			10	
W			11	
TH			12	
F			13	
S			14	

PERPETUAL MEAL PLAN

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S			15	
M			16	
T			17	
W			18	
TH			19	
F			20	
S			21	

PERPETUAL MEAL PLAN

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S			22	
M			23	
T			24	
W			25	
TH			26	
F			27	
S			28	

PERPETUAL MEAL PLAN

DAY	BREAKFAST	LUNCH	DATE	DINNER/DESSERT
S			29	
M			30	
T			31	

PERPETUAL MEAL PLAN

Seasonal Produce Guide

***some items may be available year-round in your area.*

	Veggies			Fruits	
Winter	Beets	Greens	Pumpkin	Apples	Kiwi
	Brussels	Lettuce	Rutabagas	Avocados	Lemons/Limes
	Cabbage	Onions	Turnips	Bananas	Oranges
	Carrots	Parsnips	Winter Squash	Pineapple	Pears
	Celery	Potatoes	Yams	Grapefruit	
Spring	Artichokes	Green Beans	Radishes	Apples	Pineapple
	Asparagus	Lettuce	Spinach	Apricots	Lemons/Limes
	Broccoli	Mushrooms	Sweet Peppers	Avocados	Rhubarb
	Cabbage	Onions	Swiss Chard	Bananas	Strawberries
	Carrots	Peas	Turnips	Kiwi	
Summer	Artichokes	Corn	Onions	<i>All Spring Fruits +</i>	
	Beets	Cucumbers	Peppers	Berries	Melons
	Bell Peppers	Eggplants	Summer Squash	Cherries	Peaches
	Carrots	Green Beans	Tomatoes	Dates	Plums
	Celery	Okra		Mangoes	
Fall	<i>Most Winter Veggies +</i>			Apples	Lemons/Limes
	Broccoli	Lettuce		Bananas	Mangoes
	Cauliflower	Mushrooms		Cranberries	Pears
	Green Beans	Peas		Grapes	Pineapple
	Kale	Spinach		Kiwi	

PERPETUAL MEAL PLAN

Desserts & Snacks Idea List

Cakes	Cookies	Pies	Puddings, Gelatins, Misc.
NEW DESSERTS TO TRY:			
	Candies		

Plan according to what fruits & veggies are available.