

Vegetarian Lunch Box Menu

Favorite: 

Date: _____ Food Budget: _____

<p>Monday:</p>  <p>Lunch time: <input type="text" value="00:00"/></p>	<p>Cream cheese & jelly sandwich</p> <p>Organic yogurt</p> <p>Banana</p> <p>Fat-free chocolate pudding</p> <p>Watered down juice - in reusable bottle</p>
<p>Tuesday:</p>  <p>Lunch time: <input type="text" value="00:00"/></p>	<p>Veggie cream cheese & cucumber</p> <p>Pretzels</p> <p>Sliced red bell pepper</p> <p>Fat-free chocolate pudding</p> <p>Watered down juice - in reusable bottle</p>
<p>Wednesday:</p>  <p>Lunch time: <input type="text" value="00:00"/></p>	<p>Cream cheese & jelly sandwich</p> <p>Organic yogurt</p> <p>Banana</p> <p>Fat-free chocolate pudding</p> <p>Watered down juice - in reusable bottle</p>
<p>Thursday:</p>  <p>Lunch time: <input type="text" value="00:00"/></p>	<p>Veggie cream cheese & cucumber</p> <p>Pretzels</p> <p>Sliced red bell pepper</p> <p>Fat-free chocolate pudding</p> <p>Watered down juice - in reusable bottle</p>
<p>Friday:</p>  <p>Lunch time: <input type="text" value="00:00"/></p>	<p>Cream cheese & jelly sandwich</p> <p>Organic yogurt</p> <p>Banana</p> <p>Fat-free chocolate pudding</p> <p>Watered down juice - in reusable bottle</p>




Preperation: 

Slice Bell Pepper				
Divide Yogurt				
Slice Cucumber				

Shopping List



Favorite: ☆

Remember Bag 	Remember Coupons 	Avoid Plastics 	Food Budget <input data-bbox="1347 220 1534 304" type="text" value="\$"/>
Produce:	Meat:	Baking Goods:	Beverages:
Bananas			Juice
Red bell pepper			
Cucumber			
			Bakery:
			Whole wheat bread
			Paper Goods:
Dairy & Eggs:	Canned & Dry:	Frozen:	
Plain cream cheese	Fat-free		Cleaning Supplies:
Organic yogurt	chocolate pudding		
Veggie cream cheese	Jelly		
	Pretzels		
			Other: