



## Featured Meal of the Day | Chicken Basil



123



321



## Recommended Meals





06/06 Monday Lunch | Beef & Broccoli



123



321



Upcoming Weeks





find healthy meals, cuisines, or plans



## Featured Meals of the Day



123



321



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## 06/06 This Week's Grocery List

4 lbs chicken	\$15
2 lbs carrots	\$2
4 onions	\$2
1 bunch celery	\$1
...	



## 06/06 This Week's Health

### Avg Meal Break Down

640 calories
80g carbohydrates
12g protein
15g fiber
...

### Food Groups / Day

2 cups veggies
1 cup fruits
1 cup whole grains
3 cups lean protein
...



Favorite Plans

Favorite Meals