

Meat	Fruit	Vegetables	Grains	Dairy	Oils/Vinegar	Spices	Canned Foods	Misc.
Turkey Bacon - 1 package	Apples – 2 + more as preferred	Yellow Onion - 4	Quinoa – 1 package	1% Milk (or non-dairy substitute) – 1 gallon	Cooking Spray – 1	Paprika	Chickpeas – 2 15 oz cans	Honey - 1
Eggs – 1 dozen	Banana – 1 bunch	Red Onion - 2	Whole Wheat Flour Tortilla or corn tortilla – 2 – packs of 8	Shredded Mozzarella – 1 package	Olive Oil - 1	Garlic Powder	No salt added, canned whole peeled tomatoes – 2 28 oz cans	Lemons, fresh - 5 Lemon Juice – 1 bottle
Mahi Mahi - 1 ½ lbs	Frozen/Fresh Strawberries and blueberries – 1 package	Red Bell Pepper - 4 Orange Pepper – 1 Green Pepper -2	Long grain white rice – 1 package	Sour Cream – 1 cup	Vegetable Oil- 1	Onion Powder	Low sodium chicken broth – 2 boxes	Lime, fresh – 5 Lime Juice – 1 bottle
95% lean ground beef/ground turkey – 2 1/4 lb	Fresh/frozen blackberries/raspberries – 1 package	Baby Carrots – 1 package	Low, Fat, High Protein Granola – 1 package	Nonfat Greek yogurt (individuals) -Vanilla 5 - Various flavors 4 (your choice) - Plain 1	Red Wine Vinegar - 1	Cumin	Tuna fish in water – 1 package	Tahini – 1 (optional)
Boneless skinless chicken breast -1 package of frozen filets - Fresh 2 ½ lb	Mixed fruit of your choice	Baby Bell Peppers – 1 package	Stacy's Pita Chips Plain – 1 bag	Swiss Cheese – 8 slices (usually 1 package)		Chili Powder	No-salt added/low sodium diced tomatoes – 1 15 oz can	Brown Sugar – 1 small package
Sirloin Steak – 1 ½ lbs		Spinach – 1 package	Plain Oatmeal – 1 package	Parmesan Cheese – 1 can		Salt and pepper	No salt added/low sodium kidney beans – 1 15 oz can	All Purpose Flour – 1 bag
		Cucumber - 2	Whole wheat bread – 1 loaf	Feta Cheese – 1 package		Coriander	Low sodium Tomato Basil soup - 1	Almonds – 1 container
		Serrano Pepper/Jalapeno - 3	Whole Wheat slider buns – 8 individual (usually 1 package)	Shredded Monterey jack cheese – 1 package		Italian Seasoning	California Pizza Kitchen Five Cheese and Tomato pizza-1	Peanut Butter – 1 package
		Avocado - 4	Pasta (penne, bowties) – 2 boxes	Cheese Sticks – 1 package		Ginger, fresh		Chia Seeds – 1 package
		Red Cabbage - 1	Bulgur or couscous/brown rice – 1 package	American Cheese – 1 package of slices		Mint Leaves - 1		Flax Seeds – 1 package
		Green Cabbage - 1	Popcorn – 1 pack of 3			Parsley – 1 bushel		Sundried tomatoes - 1
		Celery - 1				Cilantro – 1 bushel		Jarred salsa low sodium - 1
		Mushrooms – 2 packages				Garlic - 1 large bulb and/or 1 jar, minced		Butter- 1
		Tomato - 1						Cornstarch - 1
		Kale – 1 package						Low sodium soy sauce - 1

		Green Onions - 1						Enlightened Ice Cream Bars – 1 box
		Grape Tomatoes - 2						Nature Valley Protein Bar – 1 box
		Zucchini - 1						