



Shopping List - Week 1

Chicken Breasts Turkey (Ground) Turkey Burgers Oscar Meyer Turkey Bacon Chunk Light Tuna in Water Krakus Deli Ham Salmon	Sara Lee Whole Grain Delightful Bread Barilla Whole Grain Angel Hair Pasta Missions Carb Balance Tortilla Thomas Bagel Thins Thomas Whole Wheat English Muffin Amy's Organic Salsa	Kangaroo Sea Salt Pita Chips Skinny Popcorn Single Serving Bags Blue Diamond Almonds Archer Farms Wonton Strips Sabra Hummus Single Servs Fiber One Brownie Bar Healthy Choice Tomato Basil Soup	Avocado Celery Green Onion Grape Tomatoes Green Peppers Broccoli Medley Broccoli Spring Mix Salad Iceberg Lettuce Raw Spinach Sweet Potatoes Tomatoes Hunts Fire Roasted Tomato Onion	Kraft Shredded Cheese Reduced Fat Sargento Sliced Cheese Reduced Fat Mozzarella Cheese Athenos Feta Cheese Low Fat Cottage Cheese Philadelphia 1/3 Less Fat Garden Cream Cheese Daisy Light Sour Cream	Eggs Better Oats- Oat Revolution Steel Cut Oats w/Flax Almond Milk DotFit Lean MR DotFit Greek Yogurt bars PB2
Mixed Berries Peaches Ocean Spray Dried Cranberries Raisins	Uncle Ben's Whole Grain Wild Rice & Brown Rice Dark Chocolate Chips				Olive Oil Lemon Juice Minced Garlic Low Fat Mayo Fajita Mix Fit & Active Raspberry Vinaigrette Hidden Valley Light Ranch Lite Ranch To Go Newman's Own Tomato Basil Sauce