

FRUITS & VEGGIES	
	Eat Cleaner Fruit and Veggie Wash/Spray
	Lettuce (for sandwiches)
	Kale
	Spinach
	Broccoli
	Sweet Potatoes
	Cauliflower
	Avocados
	Tomatoes
	Sweet Baby Peppers
	Cucumbers
	Bananas
	Oranges
	Lemons
	Limes
	**Strawberries
	**Blueberries
	**Raspberries
	**Blackberries
	**In Season and only 2 types per week
	Jazz Apples
	Green Apples
	Garlic
EGGS, DAIRY, BEVERAGES & FROZEN ITEMS	
	Cheese
	Greek Yogurt
	Unsalted Butter
	Egg Whites
	Brown Eggs
	Coconut Milk
	Coconut Water
	Almond Milk
	Milk (1 gal.)
	Coffee Creamer
	Vanillia Frozen Yogurt
	Frozen All Natural Waffles

MEATS
Ex Lean Ground Turkey
All Natural Boneless Skinless Chicken Breasts
Bacon Center Cut
Turkey - Sliced
CRACKERS, BREADS & CEREAL
Ak-mak Sesame Crackers
Skinny Crisps - Seeded
Sesame Seed Soy Crackers
Crackers
Cereal
Quick Oats
Artisan Bread Sandwich Rolls - 4 pack
Hawaiian Sandwich Rolls or burger rolls - every other week
Natural Buttermilk Pancake Mix (pumpkin when avail)
PASTA & RICE
Gluten Free Pasta
Whole Wheat Cork Screw Pasta
Whole Wheat Angel Hair Pasta
Brown rice
OIL, SAUCES & OTHER PANTRY ITEMS
SF Diet Hot Chocolate 25 cal.
Coffee
Instant Coffee
Coconut Oil
Olive oil
*Mint extract

