

SHOPPING LIST

FRUITS – ORGANIC ONLY PLEASE			
	STORE	IN STOCK	NEEDED
Blue Berries - organic whenever available	Ralphps		
Strawberries	W/F		
Black Berries - organic whenever available	Ralphps		
Rasberries	W/F		
Goji Berries dried	W/F		
Cherries	W/F T/J		
Organic Frozen Fruit- all varieties except pineapple	W/F T/J		
Apples (RED DELICIOUS, GALA, GRANNY SMITH)	Ralphps		
Lemon	W/F		
Lime	W/F		
Melons- all types	Ralphps		
Oranges/tangerines/clementines	Ralphps		
Plums	Ralphps		
Peaches	Ralphps		
Bananas	Ralphps		
Grapefruit	Ralphps		
VEGETABLES – ORGANIC ONLY PLEASE			
	STORE	IN STOCK	NEEDED
Artichokes	W/F		
Spaghetti Squash - not banana squash there is a difference	W/F		
Carrots	W/F		
Brussels Sprouts - don't have organic	W/F		
Asparagus	W/F		
Broccoli	W/F		
Cauliflower	W/F		
Bell Pepper (Orange, Red, Green, Yellow)	W/F		
Celery	W/F		
Cucumber	W/F		
Daikon			
Cilantro			
Mint	W/F		
Ginger Root	W/F		
Endive			
Eggplant	W/F		

Garlic - Already cut up	W/F		
Jicama			
Lettuce (ALL VARIETIES)	W/F		
Spinach - Regular and Baby	W/F		
Onions - White	W/F		
Dried Seaweed			
Sprouts	W/F		
Zuchini	W/F		
Sweet Potatoes	W/F T/J		
Tomato	W/F		
Cherry Tomatoes	W/F		
Mushrooms - Whole not chopped.	W/F		
Green Beans	W/F		

Frozen Organic Vegetables- all varieties and mixes except Corn W/F T/J

GRAINS – ORGANIC ONLY	STORE	IN STOCK	NEEDED
Wild Long Grain Rice	W/F T/J		
Brown Rice - Short grain	W/F T/J		
Unlce Ben's microwavable Brown Rice	Ralphs		
Annie Chun's Microwavable sprouted Brown rice	W/F		
Trader Joe's Organic Brown Rice in Microwavable bowl	T/J		
Cooked Lentils	Ralphs/TJ's		
Quinoa - Whole grain	W/F T/J		
Quinoa Pasta	W/F T/J		
Whole Wheat Pasta	W/F T/J		
Brown Rice Pasta	W/F T/J		
Ezekial LOW SODIUM BREAD	W/F T/J		
Ezekial Raisin Bread	W/F T/J		
Ezekail English Muffins	W/F		
Ezekial Pita Bread	W/F		
Ezekial Buns and tortillas	W/F		
365 Organic corn tortilla	W/F		
La Tortilla Factory Low Carb Whole Wheat tortillas	Ralph's/ CostCo		

La Tortilla Factory Sonoma Tortillas	T/J		
Orowheat 100% Whole Wheat light Bread 45 cal	Ralphs		
100% whole wheat bread	Ralphs		
Steel Cut Oatmeal	T/J		
Quaker Low Sugar Oatmeal	Ralphs		
Quaker Weight Control Oatmeal	Ralphs		
Wheetabix	Ralphs		
Kashi Go Lean	Ralphs		
Kashi Puffs	Ralphs		
Natures Path Synergy 8 Whole Grain 0 Sodium Cereal	W/F		
Shredded Wheat	ALL		
Cheerios	sponsor		
Fiber One	sponsor		
Guiltless Gourmet Unsalted Baked Tortilla Chips	W/F Gelsons		
All Bran – LOW SODIUM (green lettering on box)	Ralphs		
BEANS – LOW SODIUM AND ORGANIC			
	STORE	IN STOCK	NEEDED
Chickpeas - Organic	W/F		
Fat Free Low Sodium Black Beans - Organic	W/F		
Dried Lentils - Organic in bag	W/F		
Great Northern Organic Beans	W/F		
Red Beans - Organic	W/F		
Black Beans (Turtle Beans) - Organic	W/F		
Tofu- plain	W/F T/J		
Tofu- Soy Deli Teriaki ONLY	W/F Gelsons		
Cocoa Nibs – raw and dry roasted	W/F		
Low Sodium Hummus	T/J		
NUTS – UNSALTED RAW OR DRY ROASTED			
	STORE	IN STOCK	NEEDED

Dry Roasted Almonds - Organic (Snack for Trainer also)	W/F		
Raw Walnuts - Organic	W/F		
Raw Pecans - Organic	W/F		
Raw Cashews- Organic	W/F		
Olde Style Peanut Butter Stock (Unsalted) Organic	W/F		
Organic Almond Butter	W/F T/J		
Hemp Seed Nut - Organic	W/F		
Flax Seeds or Flax Fiber	W/F		
FISH	STORE	IN STOCK	NEEDED
Wild Alaskan Salmon (CANNOT BE FARM RAISED)	Ralph's/ CostCo		
Tilapia	Ralph's/ CostCo		
Shrimp- Wild Caught	W/F		
Scallops- Wild Caught	Ralphs/TJ's		
Tuna Steaks Albacore and Ahi	Ralphs/TJ's		
Tuna- canned in water no salt	W/F T/J		
Orange Roughy	Ralph's/ CostCo		
Red snapper	Ralphs/TJ's		
Swordfish	Ralphs/TJ's		
Alaskan Black Cod	W/F T/J		
Sole	W/F T/J		
Alaskan Halibut	W/F T/J		
POULTRY – LOW SODIUM OR SALT FREE	STORE	IN STOCK	NEEDED
Chicken - Organic Boneless - Skinless (Raw) Chicken Breast	ALL		
Turkey - Organic Ground Turkey Breast (Raw Previously Frozen)	W/F		
Chicken- Ground White Meat	W/F		
No Salt Sliced Turkey Breast golden Farms	W/F		
Uncured No Nitrite Turkey Bacon	T/J		
RED MEAT	STORE	IN STOCK	NEEDED
Boars Head Roast Beef	Ralphs		
Boar's head Low Sodium Ham	Ralphs		
Organic Lean Pork	W/F		

Organic Lamb	W/F		
Grass Fed Beef (all kinds) lean ground beef, flank steak, filet	W/F T/J		
EGGS & DAIRY	STORE	IN STOCK	NEEDED
Eggology Egg Whites	W/F		
Omega-3 whole eggs	W/F T/J CostCo		
Organic Fat Free Milk and- 1% Milk	W/F T/J		
Lactaid Fat Free milk	W/F T/J		
FAGE Organic 2% Greek yogurt	W/F T/J		
FAGE Organic 0% Greek yogurt (fat free)	W/F T/J		
Yoplait Light	sponsor		
Horizon Organic Cheese Reduced Fat all varieties	W/F		
Horizon Organic Reduced fat cream cheese	W/F		
Sargento Reduced Fat String Cheese	Ralphs		
Weight Watchers String Cheese	Ralphs		
Sargento Reduced Fat cheese slices (various kinds)	Ralphs		
Kraft Cheese- low fat varieties	Ralphs		
Laughing Cow Light Cheese wedges	Ralphs		
Polly O Fat Free Ricotta Cheese	W/F		
Cottage Cheese - Organic Low Fat Cottage Cheese	W/F T/J		
CONDIMENTS, OILS, AND SPICES	STORE	IN STOCK	NEEDED
White Balsamic Vinegar	Ralphs		
Balsamic Vinegar	Ralphs		
Rice Wine Vinegar	Ralphs		
No Sugar Low Sodium Organic Pasta Sauce	T/J		
Walden Farms No Carb BBQ Sauce and Ketchup	Ralphs		
Galeo's Salad Dressing (all flavors)	W/F		

Mustard (all different kinds)	ALL		
Horseradish	Ralphs		
Tabasco	Ralphs		
Cholula Hot Sauce	Ralph's/ CostCo		
Eaton's Jamaican Ketchup			
Southern Delight BBQ sauce			
Fat Free Mayo Smart Beat	Ralphs		
ALL SPECIFIC DRIED SPICES – All spice, basil, oregano, curry, turmeric, chili powder, crushed red pepper, dill, cinnamon, rosemary, pepper, etc.	Ralphs		
ALL MRS. DASH SODIUM FREE SPICE BLENDS	Ralphs		
Low Sodium Organic Chicken or Vegetable Broth	W/F T/J		
Health Valley Organic No Salt soups- All Varieties	W/F		
Trader Joe's low sodium soups	T/J		
Extra Virgin Olive Oil	ALL		
Canola Oil	ALL		
Flax Seed Oil	W/F T/J		
I Can't Believe It's Not Butter Spray	Ralphs		
Pam Cooking Spray	Ralphs		
Fresh Salsa – NOT from jar (under 100 mg soduim)	W/F T/J		
Fruit Sweetened spreads	W/F T/J		
Sugar Free Maple Syryp	W/F T/J		
NOW Xylitol Plus Packets	W/f Online		
Truvia	Ralphs		
Stevia Extract 365	W/F		
DRINKS AND BEVERAGES	STORE	IN STOCK	NEEDED

Coffee - ORGANIC FINELY GROUND DARK ROAST	W/F		
Guayaki Healthy Energy Greener Green Tea Organic	W/F		
Dandelion Tea	W/F		
Lemon Ginger Tea - Organic	W/F		
Arizona Diet Green Tea w/ Ginseng	Ralphs		
Tea's Tea All Varieties	W/F		
Honest Tea- Black Assam Tea	W/F		
Milk Thistle Tea organic	W/F		
BioChem Whey Protein	Vitamin Shoppe		
Designer Whey All Varieties	sponsor		
Labrada Lean Body Protein Shake Van & Choc	Vitamin Shoppe		
Blue Diamond Unsweetened Almond Milk Choc or Vanilla 40 calories	ALL		
Silk Light Vanilla Soy Milk	Ralphs/TJ's		
UNSWEETENED Cranberry Juice	W/F T/J		
SUPPLEMENTS	STORE	IN STOCK	NEEDED
Organic Essential Flaxseed Fiber	W/F		
1 a day Max Multi Vitamin For Men	W/F		
1 a day Maxine Multi Vitamin For Women	W/F		
Green Vibrance Vibrant Organic Greens	W/F		
/BL Calorie Booklet	Team		
MISC	STORE	IN STOCK	NEEDED
WHOLLY GUACAMOLE	Produce Section		