

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
	Vanilla Frozen Yogurt
	Frozen All Natural Waffles

<b>MEATS</b>
Ex Lean Ground Turkey
All Natural Boneless Skinless Chicken Breasts
Bacon Center Cut
Turkey - Sliced
<b>CRACKERS, BREADS &amp; CEREAL</b>
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)
<b>PASTA &amp; RICE</b>
Gluten Free Pasta
Whole Wheat Cork Screw Pasta
Whole Wheat Angel Hair Pasta
Brown rice
<b>OIL, SAUCES &amp; OTHER PANTRY ITEMS</b>
SF Diet Hot Chocolate 25 cal.
Coffee
Instant Coffee
Coconut Oil

