FRUITS & VEGGIES
Eat Cleaner Fruit and Veggie Wash/Spray
Lettuce (for sandwiches)
Kale
Spinach
Brocolli
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

MEAT	-ç
	ean Ground Turkey
	atural Boneless Skinless Chicken Breasts
	n Center Cut
Тигке	ey - Sliced
	CKERS, BREADS & CEREAL
	ak Sesame Crackers
	ny Crisps - Seeded
Sesa	me Seed Soy Crackers
Crack	kers
Cerea	al
Quick	< Oats
Artisa	an Bread Sandwhich Rolls - 4 pack
Hawa	aiian Sandwich Rolls or burger rolls - every other week
Natu	ral Buttermilk Pancake Mix (pumpkin when avail)
PAST	A & RICE
	en Free Pasta
	e Wheat Cork Screw Pasta
-	e Wheat Angel Hair Pasta
	n rice
OT	
	SAUCES & OTHER PANTRY ITEMS
	iet Hot Chocolate 25 cal.
Coffe	
Insta	nt Coffee
Сосо	nut Oil

Olive oil
*Mint extract
*Vanilla extract
*Peppermint extract
*Used for flavoring in shakes
Stevia (All Natrual Sweetener)
Organic spaghetti sauce
Sweet Baby Rays BBQ sauce
Corn
Black Beans
Roasted Salsa MILD
Organic Powdered Peanut Butter
Organic Peanut butter
Organic Jam
Honey - Raw Organic
Carrot Ginger Dressing - Organic
Mayo Olive Oil Low Fat
Canned Natural Pumpkin
Apple Sauce (No sugar added)
Mixed mini packs raw almonds/cranberries/cashews
Gum
Eat Cleaner Fruit and Veggie Wash/Spray
BARS
Cliff Bars
Quest Bars
Jump Start Cranberry Bars
Jump Start Apple Bars