

**2016 SHOPPING LIST\***

**Shopping**  
**GRAINS**

General Mills® Multi Grain Cheerios  
 General Mills® Apple Cheerios  
 FiberOne® Granola Bars  
 Mission® Whole Wheat Tortillas (small)  
 Cinnamon Raisin Bread  
 Whole Wheat Bread  
 Whole Grain English Muffin  
 Quaker® Caramel Rice Cakes  
 Quaker® Mini Rice Cakes  
 Rice Chex®  
 Baked Tostitos®

General Mills® Honey Nut Cheerios  
 Whole Grain Pita Pockets  
 Kellogs® Nutri Grain Bar  
 Kix® Cereal  
 Chow Mein Noodles  
 Quaker® Cinnamon Oatmeal Squares  
 Quaker® Rice Cakes  
 Whole Wheat Bagels  
 Corn Chex®  
 Quaker® Quinoa Bars



**FRESH FRUITS**

Apples (red, Green, Golden)  
 Apricots                      Avocado  
 Bananas                      Blackberries  
 Blueberries                  Cantaloupe  
 Clementine Oranges  
 Grapefruit                    Grapes (red, green)  
 Honeydew                    Kiwi  
 Mangos                        Oranges  
 Pears                            Pineapple  
 Plums                            Strawberries  
 Raspberries

**DRIED FRUITS**

Apricots  
 Blueberries  
 Craisins® Original  
 Golden Raisins  
 Raisins  
 Apples  
 Sunkist Pitted Dates

*\*If you cannot find ripe or good quality fruit/vegetables per your assignment, please substitute with a similar fruit/vegetable. Most brand names are suggestions and can be found at Walmart® to simplify the shopping process, but due to changing stock may require purchase at alternate store. Nutritionally equivalent store brand alternatives are also acceptable.*

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**FRESH VEGETABLES**

- Asparagus
- Carrots
- Celery
- Spinach
- Cherry Tomatoes
- Peppers (red, yellow, orange, green)
- Alexia Sweet Potato Fries

**EXTRAS**

- Fat Free Ranch Dressing
- Fat Free French Dressing
- Old El Paso Salsa
- Parchment Paper
- Low fat Smuckers ® Grape Jelly
- Butter
- Wild Oats Market Place Organic Extra Virgin Olive Oil
- Coco Powder
- Shredded Coconut
- Raw Pecans
- So Delicious Coconut Milk



**PROTEINS**

- Deli - Healthy Ones ® Reduced Sodium Turkey Breast
- Deli - Healthy Ones ® Reduced Sodium Roast Beef
- Deli - Healthy Ones® Reduced Sodium Ham
- Deli - Healthy Ones ® Reduced Sodium Chicken (thick sliced)
- Jif® Natural Peanut Butter
- Smart Balance Omega Creamy Natural Peanut Butter
- MaraNatha Almond Butter
- Eggs
- Sabra® Classic Hummus
- Low Fat Fruit Yogurt Peach
- Low Fat Vanilla Greek Yogurt
- Fat Free Philadelphia® Cream Cheese Strawberry
- 2% Cheddar Cheese
- Low Fat 2% Cottage Cheese
- Sargento ® Low Fat Mozzarella String Cheese
- Sargento ® Reduced Fat Cheddar Cheese Sticks
- Sargento ® Provolone Cheese Slices
- Sargento ® Monterey Jack Cheese Slices
- Sargento ® Cheddar Cheese Slices



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