

**GROGERY LIST****LOCATION****EXCHANGE****PRODUCE**

Pom Pom fresh Arils (pomegranate seeds)	Publix/Kroger	1 container = 1 fruit
Del Monte Fruit Naturals (Superfruit 6oz or Red Grapefruit 7oz)	Publix/Kroger	1 = 1 fruit
Shirataki Noodles (fettucine or angel hair)	Publix	1 package = ½ protein

**BEVERAGES**

Stash/Tazo Tea	Kroger/Publix	FREE
La Croix (any flavor)	Kroger/Publix	FREE
R.W. Knudsen 100% Cranberry Juice	Kroger/Publix	4oz = FREE (mix with 32oz water)
1 scoop dry protein powder [100 calories] any flavor	Publix/Kroger	1 protein
Core Protein Shake [light, pre-mixed]	Publix/Kroger	1 protein + ½ starch
Special K Protein Shake (dark chocolate)	Publix/Kroger	1 = 1 protein + 1 fruit

**DAIRY/EGGS**

Laughing Cow lite cheese (Sundried tomato, Chipotle, Blue cheese, Swiss)	Publix/Kroger	2 wedges = 1 protein
Philadelphia Whipped Cream Cheese	Publix/Kroger	2 Tbsp = ½ protein
Kraft/Sargento 2% sharp cheddar	Publix/Kroger	1 slice = 1 protein
Baby Bell Light cheese circles	Publix/Kroger	2 = 1 protein
Sargento light string cheese	Publix/Kroger	2 = 1 protein
Fage/Oikos/Chobani (0% ) plain Greek yogurt	Publix/Kroger	6 oz = 1 protein
Chobani/Oikos Greek Yogurt (flavored) 0%	Publix/Kroger	1 = 1 protein + ½ fruit
Fage 0% (fruit on the side)	Publix/Kroger	1 = 1 protein + 1 fruit
Kroger Greek yogurt 0% (flavored)	Kroger	1 = 1 protein + ½ fruit
Morningstar 1% cottage cheese	Publix/Fresh Market	½ cup = 1 protein
Breakstone 2% cottage cheese (individual container)	Publix/Kroger	1 container = 1 protein
Friendship 4% cottage cheese	Fresh Market	¼ proteins
Almond Breeze unsweetened vanilla almond milk	Publix/Kroger	½ cup = FREE

\* HIGH SODIUM FOODS

### BREAD/CEREAL/CRACKERS

Wasa Light and Crisp crackers	Publix/Kroger	4 = 1 starch
Wasa Nine Grain cracker	Publix/Kroger	3 = 1 starch
La Tortilla Factory low carb tortilla	Publix/Kroger	2 small = 1 starch/ 1 large = 1 starch
Van's 8 Whole Grain waffle	Publix/Kroger	1 = 1 starch
Eggo Nutri Grain whole wheat waffle	Publix/Kroger	1 = 1 starch
Nature's Own whole wheat english muffin	Publix/Kroger	1 = 1 starch
Natures Own 100% whole wheat	Publix/Kroger	2 slices = 1 starch
EXTRA STRICT: Nature's Own life bread	Publix/Kroger	40 calories, 2 slices = 1 starch
Natures Own Sandwich Rounds	Publix/Kroger	1 = 1 starch/2 minis = 1 starch
Weight Watchers 100% whole wheat pita	Publix/Kroger	1 = 1 starch
Nonni's Biscotti (110 calories each)	Publix/Kroger	1 regular = 1 starch

### MEAT/POULTRY

Jenny-O lean turkey burgers (frozen)	Publix/Kroger	1 = 1 ½ protein
Bell & Evans Organic Boneless/Skinless Breast Meat		
Hormel turkey pepperoni *	Publix/Kroger	17 slices = 1 protein
Oscar Mayer turkey bacon *	Publix/Kroger	3 slices = 1 protein
Perdue/Tyson chicken shortcuts	Publix/Kroger	½ cup = 1 protein
Applegate Farms Organic Roast Turkey Breast	Publix/Kroger	4 oz = 1 protein
Tyson Grilled Ready Chicken filets (bag refrigerator)	Publix/Kroger	1 filet = 1 protein
Tyson Grilled Ready Chicken strips (southwestern/fajita)	Publix/Kroger	4 strips = 1 protein
Weight Watchers Chicken Tenders (poultry – frozen)	Publix/Kroger	2 pieces = 1 protein

### DRY GOODS

Bumblebee flavored tuna (oriental, sundried) *	Publix	1 can = 1 protein
Bumblebee Albacore tuna steak *	Publix/Kroger	2 proteins
Starkist lunch to go (with mayo) *	Publix/Kroger	1 pack = 1 protein + 1 starch + ½ fat
Amy's low fat canned tomato soup	Publix/Kroger	½ can = 1 milk
Amy's low fat canned vegetable soup	Publix/Kroger	½ can = 1 starch
Wishbone/Ken's/Newman's Own salad spritzer	Publix/Kroger	20 sprays = free
Nestle fat free hot chocolate (20 calorie)	Publix/Kroger	1 packet = free
Mt. Olive Pickles (Mini Tubs) *	Publix/Kroger	1 tub = free

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Wickles relish	Publix/Kroger	1 Tbsp = free
Wasabi Horseradish	Publix/Kroger	1 Tbsp = free
Capers	Publix/Kroger	FREE
Hearts of Palm	Publix/Kroger	3 = FREE
Muir Glen Fire Roasted Tomatoes (canned)	Publix/Kroger (Organic Section)	½ cup = FREE
Annie's low-fat raspberry vinaigrette	Publix/Kroger	2 Tbsp = ½ fat
Peter Pan whipped peanut butter	Publix	1½ Tbsp = 1 fat
Natural peanut butter (no salt added)	Kroger	1 Tbsp = 1 fat
Emerald 100 calorie almond packet	Publix/Kroger	1 = 1 fat
Muir Glen Organic Tomato Basil Marinara sauce	Publix/Kroger	½ cup = 1 fruit

### CONDIMENTS

Worcestershire Black Pepper	Publix	Free - in tin container
Kraft Mayo with Olive Oil	Publix/Kroger	2 Tbsp = 1 fat
Sabra single serving hummus	Publix/Kroger	1 = 1 starch + ½ fat
Hellman's/Dukes Light Mayo	Publix/Kroger	2 Tbsp = 1 fat

### SNACKS

Baked Lays *	Publix/Kroger	1 bag = 1 starch
Orville Redenbacher Smart Pop mini bag	Publix/Kroger	1 bag = 1 starch
Orville Redenbacher Popcorn kettle corn mini bag	Publix/Kroger	3 cakes = 1 starch
Rice Cakes - Publix Brand Lightly Salted	Publix/Kroger	10 mini OR 2 large = 1 starch
Rice Cakes - Quaker - Caramel Corn	Publix/Kroger	10 mini OR 2 large = 1 starch
Rice Cakes - Quaker - Cheddar Cheese *	Publix/Kroger	10 mini OR 2 large = 1 starch
Rice Cakes - Quaker - Ranch *	Publix/Kroger	10 mini OR 2 large = 1 starch
Salsa (no beans or corn in salsa)	Publix/Kroger	FREE

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