



## GROGERY LIST

### PRODUCE

House Foods Tofu Shirataki noodles  
 Pom Pom fresh Arils (pomegranate seeds)  
 Del Monte Fruit Naturals (Superfruit 6oz or Red Grapefruit 7oz)  
 Shirataki Noodles (fettucine or angel hair)  
 Ready Pac Bistro Salad (Chicken Caesar)  
 Ready Pac Bistro Salad (Cranberry Walnut)  
 Ready Pac Bistro Salad (Chef)

### BEVERAGES

Stash/Tazo Tea  
 La Croix (any flavor)  
 R.W. Knudsen 100% Cranberry Juice  
 1 scoop dry protein powder [100 calories] any flavor  
 Core Protein Shake [light, pre-mixed]  
 Special K Protein Shake (dark chocolate)

### DAIRY/EGGS

Laughing Cow lite cheese (Sundried tomato, Chipotle, Blue cheese, Swiss)  
 Philadelphia Whipped Cream Cheese  
 Good Culture Cottage Cheese (2%)  
 Kraft/Sargento 2% sharp cheddar  
 Baby Bell Light cheese circles  
 Sargento light string cheese  
 Fage/Oikos/Chobani (0% ) plain Greek yogurt  
 Chobani/Oikos Greek Yogurt (flavored) 0%  
 Fage 0% (fruit on the side)  
 Kroger Greek yogurt 0% (flavored)  
 Friendship farmer cheese  
 Morningstar 1% cottage cheese  
 Breakstone 2% cottage cheese (individual container)  
 Friendship 4% cottage cheese

## LOCATION

Publix/Kroger  
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 Kroger  
 Publix  
 Publix/Fresh Market  
 Publix/Kroger  
 fresh market

## EXCHANGE

1 bag = 1/2 protein  
 1 container = 1 fruit  
 1 = 1 fruit  
 1 package = 1/2 protein  
 1 = 1 protein + 1 fat  
 1 = 1 protein + 1/2 fruit + 1/2 starch + 1/2 fat  
 1 = 1 protein + 1 fat  
 FREE  
 FREE  
 4oz = FREE (mix with 32oz water)  
 1 protein  
 1 protein + 1/2 starch  
 1 = 1 protein + 1 fruit  
 2 wedges = 1 protein  
 2 Tbsp = 1/2 protein  
 One Cup  
 1 slice = 1 protein  
 2 = 1 protein  
 2 = 1 protein  
 6 oz = 1 protein  
 1 = 1 protein + 1/2 fruit  
 1 = 1 protein + 1 fruit  
 1 = 1 protein + 1/2 fruit  
 4 Tbsp = 1 protein  
 1/2 cup = 1 protein  
 1 container = 1 protein  
 1 1/4 proteins

\* HIGH SODIUM FOODS



Almond Breeze unsweetened vanilla almond milk

Publix/Kroger

1/2 cup = FREE

**BREAD/CEREAL/CRACKERS**

Wasa Light and Crisp crackers

Publix/Kroger

4 = 1 starch

Wasa Nine Grain cracker

Publix/Kroger

3 = 1 starch

Ak-Mak crackers

Publix

4 = 1 starch

Finn Crisp

Publix/Kroger

5 = 1 starch

Bagel Thins

Publix/Kroger

1 = 1 starch

Flatout wrap (any flavor)

Publix/Kroger

1 = 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

**FROZEN FOODS**

**end here**

Vitatops (muffin tops 100 calories/any flavor)

Publix/Kroger

1 = 1 starch

Vitatops muffin mini cakes (chocolate)

Publix/Kroger

2 = 1 starch

Vitalicious Egg n' Cheese muffin\*

Publix/Kroger

1 = 1 starch + 1 protein

Vitalicious Egg n' Cheese muffin with vegetables

Publix/Kroger

1 = 1 starch + 1 protein

Jimmy Dean DeLights (whole grain bagel with turkey saus and egg whites)

Publix/Kroger

1 = 1 starch + 1 protein + 1 fat

Jimmy Dean Delights (honey wheat flatbread with egg whites and spinach)

Publix/Kroger

1 = 1 starch + 1 protein

Special K Flatbread breakfast sandwich

Publix/Kroger

1 = 1 starch + 1 fat + 1 protein

Frozen Di Giorno Pizzas (200 calorie cheese & tomato pizza)

Publix/Kroger

1 serving = 1 starch + 1 protein

Tabachnik Soup (potato/mushroom barley/vegetable)

Publix/Kroger

1 packet = 1 starch

Gorton's Simply Bake Tilapia and Salmon

Publix/Kroger

1 filet = 1 protein

Weight Watchers chicken tenders

Publix/Kroger

2 = 1 protein

Amy's Non-Dairy Burrito

Publix/Kroger

1 = 1 starch + 1 fat + 1 protein

Amy's Black Bean Burrito

Publix/Kroger

1 = 1 starch + 1 fat + 1 protein

Amy's Gluten Free Burrito

Publix/Kroger

1 = 1 protein + 1 fat + 1/2 starch

\* HIGH SODIUM FOODS



Amy's Indian tofu and spinach burrito	Publix/Kroger	1 = 1 starch + 1 fat + 1 protein
Boca chick patty *	Publix/Kroger	1 = 1 protein + 1/2 starch
Morningstar Farms Black Bean Burger *	Publix/Kroger	1 = 1 protein
Morningstar Farms Garden Veggie Burger *	Publix/Kroger	1 = 1 protein
Morningstar Farms Tomato Basil Pizza Burger *	Publix/Kroger	1 = 1 protein
Dr. Prager's California Burger/Tex Mex Burger	Whole Foods	1 = 1 protein
Morningstar Farms Sausage Patties *	Publix/Kroger	1 = 1 protein
Morningstar Farms Sausage Links *	Publix/Kroger	2 links = 1 protein
Healthy Choice Café Steamer Chicken Alfredo	Publix	1 protein, 1 starch, 1 fat
Healthy Choice Café Steamer Chicken Pesto	Publix	1 protein, 1 starch, 1 fat
Healthy Choice Café Steamer Spicy Chicken	Publix	1 protein, 1 starch, 1 fat
Healthy Choice Café Steamer Chicken & Shrimp	Publix	1 protein, 1 starch, 1/2 fat
Kashi Frozen Chicken Pasta Pomodoro	Publix	1 protein, 1 starch, 1 fat
Kashi Southwestern Chicken	Publix	1 protein, 1 starch, 1 fat
Artisan Bistro Wild Tuna and Salmon	Publix	1 = 2 proteins
Lean Cuisine Salad Additives	Publix/Kroger	1 bag = 1/2 starch + 1.5 proteins + 1/2 fat
Cedar Lane Spinach and Mushroom Egg White Omelette	Publix/Kroger	2 proteins + 1 fat
Good Food Made Simple Egg white patties	Publix/Kroger	2 = 1 protein
Evo! Mini Burritos (Cilantro Lime Chicken)	Publix/Whole Foods	1 = 1 protein + 1 starch
Bird's Eye Steamfresh Vegetables (no seasonings)	Publix/Kroger	1 bag = FREE
Luigi's Italian Ice	Publix/Kroger	1 = 1 fruit
Edy's Fruit Bars (60 calories each - no artificial sweetener)	Publix/Kroger	2 = 1 fruit
Skinny Cow Vanilla Ice Cream Sandwich	Publix/Kroger	1 = 1 milk, 1/2 starch
Skinny Cow Caramel Truffle	Publix/Kroger	1 = 1 fruit
Jala Frozen Yogurt bar (chocolate or blueberry)	Publix	1 = 1 milk
Whole Fruit Sorbet	Publix/Kroger	1/2 cup = 1 fruit
Frozen Dole Diced Avocado	Publix	1/2 cup = 1 Fat
Fit & Wellness Frozen Pre-Cut Fruits/Vegetables	Publix	1 cup = 1 fruit
Yazo Bar Frozen Ice Cream	Publix/Kroger	100 Calories
Arctic Zero (vanilla maple, strawberry, or chocolate)	Publix/Whole Foods	1 1/2 cups = 1 fruit

\* HIGH SODIUM FOODS



### MEAT/POULTRY

Jenny-O lean turkey burgers (frozen)	Publix/Kroger	1 = 1 1/2 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	1/2 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

### 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 + 1/2 fat
Amy's low fat canned tomato soup	Publix/Kroger	1/2 can = 1 milk
Amy's low fat canned vegetable soup	Publix/Kroger	1/2 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
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 Secti	1/2 cup = FREE
Annie's low-fat raspberry vinaigrette	Publix/Kroger	2 Tbsp = 1/2 fat
Peter Pan whipped peanut butter	Publix	1 1/2 Tbsp = 1 fat

\* HIGH SODIUM FOODS



Natural peanut butter (no salt added)  
 Emerald 100 calorie almond packet  
 Muir Glen Organic Tomato Basil Marinara sauce

**CONDIMENTS**

Worcestershire Black Pepper  
 Smoke House Black Pepper  
 Perfect Pinch (Salt free) Garlic & Herb; Garlic Pepper; Original  
 Kraft Mayo with Olive Oil  
 Sabra single serving hummus  
 Hellman's/Dukes Light Mayo

**SNACKS**

Baked Lays \*  
 Orville Redenbacher Smart Pop mini bag  
 Orville Redenbacher Popcorn kettle corn mini bag  
 Rice Cakes - Publix Brand Lightly Salted  
 Rice Cakes - Quaker - Caramel Corn  
 Rice Cakes - Quaker - Cheddar Cheese \*  
 Rice Cakes - Quaker - Ranch \*  
 Salsa (no beans or corn in salsa)

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1 Tbsp = 1 fat  
 1 = 1 fat  
 1/2 cup = 1 fruit  
  
 Free - in tin container  
 Free  
 1 Tbsp = 1 fat  
 2 Tbsp = 1 fat  
 1 = 1 starch + 1/2 fat  
 2 Tbsp = 1 fat  
  
 1 bag = 1 starch  
 1 bag = 1 starch  
 3 cakes = 1 starch  
 10 mini OR 2 large = 1 starch  
 10 mini OR 2 large = 1 starch  
 10 mini OR 2 large = 1 starch  
 10 mini OR 2 large = 1 starch  
 FREE

\* HIGH SODIUM FOODS