

Produce:

- Apples (4-5 each)
- Asparagus (1 bunch)
- Avocado (3-4 each)
- Fresh Baby Spinach (5 -10 cups / 1 - 2 5oz Bags)
- Bananas (2 - 3)
- Blueberries (1 - 2 cups)
- Broccoli (3 1/2 - 6 1/2 cups / 1 - 2 bunches)
- Brussels Sprouts (2 - 3 1/2 cups)
- Butternut Squash (1/2 - 1 1/4 cups)
- Carrots (8 - 14 each)
- Cauliflower (1 1/2 - 4 1/2 cups / 1 bunch)
- Cherry Tomatoes (3 1/2 - 6 1/2 cups)
- Clementine Oranges (5 - 10 each)
- Cucumber (1 - 2 each)
- Eggplant (1 small - 1 medium)
- Grapes (1 1/2 - 6 cups / 1 - 2 bags)
- Green & Red Bell Peppers (4 - 6 each)
- Lemons (1 each)
- Mushrooms (3/4 - 1 cup / 1 8oz package)
- Pineapple (3/4 - 1 1/4 cup)
- Portabella Mushroom (1 each)
- Potatoes (1 small - 1 medium)
- Red & Yellow Onion (1 - 2 each)

Produce (cont.):

- Strawberries (2 1/2 - 4 1/2 cups)
- Sweet Potato (2 - 3 each)
- Zucchini (1 1/2 - 3 1/4 cups / 2 - 3 each)
- Cilantro (1 small bunch)
- Fresh Basil (1 small bunch)
- Rosemary (1 small bunch)

Meat Department:

- Boneless, Skinless Chicken Breast (9 - 16.5 oz)
- Firm Tofu (about 90 cal. per 1/4 cup / 1 package)
- Lean Ground Beef (3 - 5 oz)
- Lean Ground Turkey (3 - 6 oz)
- Salmon (3 - 5 oz)

Dairy:

- Butter (1 tsp - 1 1/2 Tbsp)
- Eggs (8 - 15 each)
- Feta Cheese (2.5 oz - 4 oz)
- Hummus (about 70 cal per 2 Tbsp 1/4 cup - 1/2 cup)
- Lowfat Cottage Cheese (1 - 2 cups)
- Lowfat Milk (1/4 - 3/4 cup)
- Mexican Style Salsa (about 10 cal. per 2 Tbsp / 1/2 cup - 1 1/3 cup)
- Mozzarella Cheese (1/2 cup - 1 cup)
- Plain Whole Milk Greek Yogurt (1/4 cup - 2/3 cup)
- Shredded Cheddar Cheese (1/2 cup - 3/4 cup)

Center Store:

- Canned Red Kidney Beans (1/2 cup - 1 cup / 1 can)
- Instant Brown Rice (1 1/4 - 3 1/2 cups)
- Canned Black Beans (1/2 - 1 3/4 cups / 1 - 2 cans)
- Canned Cannellini Beans (1/2 - 1 cup / 1 can)
- Canned Chickpeas (1 1/4 - 2 1/2 cups / 1 - 2 cans)
- Granola (about 200 cal per cup / 1/2 - 1 cup)
- Natural Peanut Butter (2 1/2 - 7 1/2 Tbsp / 1 small jar)
- Old Fashioned Oats (1/2 - 1 cup)
- Plain Rice Cakes, Lightly Salted (about 35 cal each / 3 - 6 each)
- Popcorn, Air Popped (about 30 cal per cup / 3 - 15 cups)
- Reduced Sodium Tomato Sauce (1 1/3 - 3 cups / 1 - 28 oz can)
- Unsalted Dry Roasted Almonds (3 - 5 1/4 oz)
- Unsweetened Raisins (1 - 3 Tbsp)
- Whole Wheat English Muffin (about 130 cal each / 6 - 8 each)
- Whole Wheat Penne Pasta (1 small box)
- Whole Wheat Tortillas (about 130 cal each / 7 - 12 each)
- Red Wine Vinegar

Frozen:

- Whole Kernel Corn (1 small bag)
- Mixed Berries, Unsweetened (2 - 4 cups / 1 small bag)

Seasoning/Spices:

- Chili Powder
- Crushed Red Pepper Flakes
- Garlic Powder
- Ground Cinnamon
- Ground Cumin
- Honey
- Lemon Pepper Seasoning
- Minced Garlic
- Nonstick Cooking Spray
- Olive Oil