

Planned Meals Grocery List



Janet Samples

| Category | Food | Qty | Measure |
|--|--|------|----------------------------|
| Beans, Lentils | Beans, pinto, mature seeds, cooked, boiled, without salt | 0.50 | 1 cup |
| Beverages | Orange Juice, Tropicana- 100% pure, plus calcium | 4.00 | fluid ounce(s) |
| | Vegetable juice - V8, no salt | 4.00 | fluid ounce(s) |
| | Water, bottled, POLAND SPRING | 4.00 | 1 cup (8 fl oz) |
| | Water, municipal | 4.00 | 1 cup (8 fl oz) |
| Breads and baked goods | Pita - wheat | 1.00 | each |
| Carb. Snack Foods (Healthy) | Rice cake - apple cinnamon, Quaker | 1.00 | each |
| Dairy | Cheddar, mild shredded, KRAFT Lite Naturals | 0.50 | ounce(s) |
| | Egg, whole, cooked, hard-boiled | 1.00 | 1 large |
| | Milk - skim, no fat | 1.00 | cup |
| | Yogurt - Yoplait, Light, all flavors | 6.00 | ounce(s) |
| Dressings | Oil & vinegar - Wish-Bone, Lite Classic | 1.50 | table spoon |
| Fats & Oils | Salad dressing, KRAFT Mayo Light Mayonnaise | 1.00 | 1 tablespoon |
| Fibrous Carbohydrates (Healthy) | Salad - med. garden w/tomato, onion | 1.00 | medium |
| Fruits & Fruit Juices | Banana - med 8" | 0.50 | each |
| | Strawberries | 0.50 | cup |
| Jams/ Spreads/Sauces/ Syrups | Peanut butter - creamy, Peter Pan | 1.00 | table spoon |
| | Salsa - Chunky medium, Pace | 3.00 | table spoon |
| Proteins (Healthy) | Turkey Breast / White Meat | 3.00 | ounce(s) |
| Snacks & Treats | Popcorn - Lite, microwaved, Orvill Red. Gourmet | 2.00 | cup |
| | Snacks, granola bars, hard, plain | 1.00 | 1 bar |
| Starchy Carbohydrates (Healthy) | Tortilla - corn, soft, 7" diam. | 1.00 | each |
| Vegetables | Lettuce, iceberg (includes crisphead types), raw | 0.25 | 1 cup, shredded or chopped |
| | Onions, raw | 0.25 | 1 cup, chopped |
| | Spinach, raw | 1.00 | 1 leaf |
| | tomato, diced | 1.50 | 1/2 cup |