

Produce		
Apples - organic	Zucchini/squash	Corn
Florida Oranges	Tomatoes	Cole slaw
Cantaloupe	Carrots	onions
Bananas	Salad (Romaine)/ Triple Hearts	sweet potatoes
Orange Juice	Spinach - organic	Avocado
Grapes - organic	Green Beans	
Blueberries	Celery - organic	
Strawberries	Cucumber	
	Potatoes - organic	

Meat		
Greenwise Strip steak \$11.99	Market ground beef	BH Low sodium RB
Poultry - breast	Hormel Black Label Bacon	Turkey
Whole chicken for Rotisserie - 3 lbs	Ham - Applegate Farms	BJ's Beef Loin Butt Tender (in plastic wrap) \$7/lb

Frozen	Brands Tried
Grenn Giant Brocc	Stouffer Frozen Skillet Grilled Ckn and Veggies
Grn Giant Grn Bean	Sabra Greek Olive Hummus (in deli refrigerated)
Publix WW Waffles	

Grocery		
Cheerios/ Rice Krispees (Publix)/Raisin Bran	Pickes-swt gherkin	WW flour, reg flour, bread flour, salt, kosher salt
Oatmeal	Gatorade	Canola spray/Bottle of oil
Nutra-Grain Bars		Raisins/ Snack Raisins (Publix)
Grape Juice	Canned fruit/ Snack packs of pears and peaches in It syrup	Baby Food
Peanut butter	canned tomatoes/beets/red beans	Honey/Maple Syrup/ Light Brown Sugar
Strawberry Preserv	Jello	Fritos/popcorn/Garden of Eatin SeaSalt Pita Chips/pretzels
WW noodles	Mayo/Mustard/Ketchup (Heinz)	Wheat Tortilla
WW pasta		PF WW bread-see pictures below
Rice - short grain brown, white, Jasmine		PF WG Raisin Bread

Dairy		
Yoplait GoGurt Sticks (Strawberry Spl) & Berry Blue if B1G1f	Eggs	Yogurt - Dannon Lowfat plain
1% milk/ Skim milk	Cream Cheese/ Sour Cream	Yogurt - Publix/Dannon Fruit on bottom - strawberry/blueberry
Buttermilk /whipped cream	Cheese slices/Shrd cheese/sticks yellow & white	Land O'Lakes Butter with Canola

Supplies	Quantity	Brand
Paper plates	Viva Paper Towels	Publix toilet paper
Napkins	Setzer water (publix brand)	
Garbage bags		
Detergent		

