

Grocery List For:
For the Date Range:

Samples, Jane
03/22/2007 to 03/22/2007

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
Egg Beaters - Fleischmann's	.5	cup
Halibut - broiled	4	ounce(s)
Chicken Breast / White Meat	4	ounce(s)
Starchy Carbohydrates (Healthy)		
Brown Rice - cooked	.5	cup
Fibrous Carbohydrates (Healthy)		
Salad - lrg. garden w/tomato & onion	1	large
Salad - sm. garden w/tomato, onion	1	small
Jams/ Spreads/Sauces/ Syrups		
Mayonnaise - KRAFT Free, fat free	2.5	table spoon
Relish - pickle	1	table spoon
Dairy		
Yogurt - Yoplait, Light, all flavors	6	ounce(s)
Milk - skim, no fat	1	cup
Fruits & Fruit Juices		
Grapefruit - pink or red 4" diam.	.5	each
Banana - med 8"	1	each
Protein Snack Foods (Healthy)		
Tuna Solid White -Water Sm. can	4	ounce(s)
Cereals		
Oatmeal - instant pkt.,maple, brn sugar Quaker	1	pack
Vegetables		
Broccoli, frozen, chopped, boiled, drained, no salt	1	1 cup
Breads and baked goods		
Croutons, seasoned	.25	1 cup
Carb. Snack Foods (Healthy)		
Cracker/Nabisco - Low Saltines	6	each
Dressings		
Oil & Vinegar - Wish-Bone, vinaigrette Lite	4.5	table spoon