

Shopping List:

- 6 pack eggs
- 8-10 oz. Plain Fat Free Yogurt
- 8-10 oz. non-fat Cottage Cheese
- 3 – Fat free yogurt – any flavor
- 1 lb. sliced turkey – Peppered Turkey Breast – thinly sliced from the deli
- 5 slices low fat cheddar cheese – also from the deli
- 1 small container Coconut Extract
- 1 small container Cinnamon (powdered)
- Jerk Seasoning
- 1 small loaf low fat whole wheat bread – make sure the first ingredient is WHOLE WHEAT.
- 1 small bag of slivered almonds
- 2 ready bags of spinach – like the salad in a bag, but ONLY spinach
- 1 small bag spinach pasta – the green colored pasta
- 1 small bag angel hair pasta
- 1 small container of low fat peanut butter
- 1 Small container of fat free salsa
- 1 small bottle vinaigrette salad dressing
- 1 small bottle fat free ranch salad dressing
- 1 small bottle lite sesame seed salad dressing
- 1 small bottle mustard
- 2 bags BAKED Ramen Noodles
- 4 medium sized bananas
- 8 oranges
- 4 small tangerines
- 1 bag of seedless grapes
- 1 bunch of celery
- 6 mushrooms
- 6 asparagus
- 2 bunches/stalks of broccoli
- 4 large apples
- 1 small container of strawberries – at least 12 strawberries
- 1 bag frozen chicken breasts – at least 5-6 in a bag
- 1 – 16 oz. bag frozen pineapple slices
- 1 can pineapple slices in lite syrup or juice
- 1 lbs. LEAN ground turkey
- Water – about 48 oz. per day