

Grocery List: James Samples

Food	Quantity	Measure
Bars		
Balance Bar Honey Peanut	1.00	each
Beans, Lentils		
Peanuts, all types, dry-roasted, without salt	0.25	1 cup
Beverages		
Orange juice - 100% pure , Tropicana	8.00	ounce(s)
Vegetable juice - V8, no salt	14.00	fluid ounce(s)
Breads and baked goods		
Pita - wheat	1.00	each
Cereals		
Shredded Wheat, Nabisco	0.50	biscuit
Dairy		
KRAFT 2% Cheddar Cheese, Reduced Fat	2.50	ounce(s)
Milk - skim, no fat	1.00	cup
Dressings		
Italian - fat free, KRAFT Free	2.00	table spoon
Fats & Oils		
Salad dressing, KRAFT Mayo Light Mayonnaise	1.50	1 tablespoon
Fibrous Carbohydrates (Healthy)		
Salad - sm. garden w/tomato, onion	1.00	small
Finfish and Shellfish		
Fish, tuna, light, canned in water, without salt, drained solids	2.00	3 oz
Jams/ Spreads/Sauces/ Syrups		
Relish - pickle	0.50	table spoon
Performance Carbohydrates		
Orange - medium	1.00	each
Proteins (Healthy)		
Chicken Breast / White Meat	6.00	ounce(s)
Soups and Gravies		
CAMPBELL'S Healthy Request Chicken Vegetabel Sou[1.25	cup
Sauce, ready-to-serve, salsa	0.50	0.5 cup
Vegetables		
Carrots - baby, raw	12.00	medium
Green beans - string, boiled & drained	8.00	ounce(s)