

Dina's Typical Food Shopping List

Store	Food Item	Nutrient
Costco	Bell Peppers	Carb
Costco	Blueberries	Carb
Costco	Cheerios	Carb
Costco	Frozen mixed fruit	Carb
Costco	Frozen veggie medley (broccoli, cauliflower, carrots)	Carb
Costco	Mango Salsa	Carb
Costco	Multi-Grain Cheerios	Carb
Costco	Quaker oats	Carb
Costco	Orange juice	Carb
Costco	Strawberries	Carb
Costco	Cabot Reduced-Fat Cheese	Fat
Costco	Laughing Cow Light Swiss Cheese	Fat
Costco	Raw nuts (almonds, walnuts, cashews)	Fat
Costco	Chicken Breasts - individually wrapped	Protein
Costco	Fage Total 0% yogurt	Protein
Costco	Fish - Tilapia	Protein
Costco	Flank Steak	Protein
Costco	Low-Sodium Ham (Dietz & Watson)	Protein
Costco	Low-Sodium Turkey (Dietz & Watson)	Protein
Costco	Omega 3-6-9 vitamins	Vitamin
Costco	Kids' Gummy vitamins	Vitamin
Giant	Apples	Carb
Giant	Asparagus	Carb
Giant	Balsamic vinegar	Carb
Giant	Bananas	Carb
Giant	Cranberry juice (regular)	Carb
Giant	Cucumbers	Carb
Giant	Marinara Sauce	Carb
Giant	Nature's Own Whole Wheat bread (50 cal per slice)	Carb
Giant	Pepperidge Farm Deli Flats	Carb
Giant	Raspberry Jelly	Carb
Giant	Romaine lettuce	Carb
Giant	Sweet Potatoes	Carb
Giant	Uncle Ben's 90 second Whole Grain brown rice	Carb
Giant	Whole Grain melba toast	Carb
Giant	Kashi Go Lean - High Protein. High Fiber	Carb/Protein
Giant	1% Milk (for Rich and girls)	Fat
Giant	Hellman's Light Mayo	Fat
Giant	Olive Oil	Fat
Giant	Peanut Butter	Fat
Giant	Skim Milk (for me)	Fat
Giant	Smart Balance Spread	Fat
Giant	Chobani non-fat yogurts (plain & flavored)	Protein
Giant	Egg Whites (in containers)	Protein
Giant	Eggs	Protein

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Giant	Lean ground turkey breast or chicken	Protein
ohnutrition.com	Vitaboost (multi-vitamin)	Vitamin
Wegmans	Think Thin Bars (Brownie Crunch or Creamy Peanut Btr)	Protein