

Grocery List: 1700 Calories Energy Booster



Grocery List report created exclusively for Jane Doe

Food	Quantity	Measure
Beans, Lentils		
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	0.50	1 cup
Soy milk, fluid	2.00	1 cup
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1.00	0.5 cup
Beverages		
Ice cubes	3.00	1/2 cup
Orange Juice, Tropicana- 100% pure, plus calcium	36.00	fluid ounce(s)
Pineapple juice - bottled, Dole	8.00	ounce(s)
Tea, brewed, prepared with tap water, decaffeinated	7.00	1 cup (8 fl oz)
Vegetable juice - V8, no salt	14.00	fluid ounce(s)
Water, municipal	49.00	1 cup (8 fl oz)
Breads and baked goods		
Bread, whole-wheat, commercially prepared, toasted	2.00	1 slice
English muffins, whole-wheat, toasted	2.00	1 muffin
KELLOGG'S Eggo Lowfat Nutri-Grain Waffles	3.00	1 waffle, round (4" dia) (include frozen)
Pita - wheat	2.00	each
Carb. Snack Foods (Healthy)		
Apple - medium with peel	1.50	each
Rice cake - apple cinnamon, Quaker	2.00	each
Cereals		
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE	2.50	0.5 cup (1 NLEA serving)
Cereals ready-to-eat, wheat germ, toasted, plain	0.75	1 oz
Oatmeal - instant pkt.,apples/spice, Quaker	1.00	pack
Dairy		
Cheddar, mild shredded, KRAFT Lite Naturals	3.00	ounce(s)
Egg, whole, cooked, hard-boiled	2.00	1 large
Milk - skim, no fat	10.75	cup
Parmesan, grated, KRAFT	1.00	ounce(s)
Yogurt - Yoplait, Light, all flavors	14.00	ounce(s)
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1.00	0.5 container (4 oz)
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1.75	1 cup (8 fl oz)
Fats & Oils		
Margarine, soft, soybean (hydrogenate and regular), without salt	1.00	1 teaspoon
Olive oil - pure	1.00	table spoon
Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing	5.50	2 tablespoon
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	1.00	2 tablespoon
Salad dressing, KRAFT Mayo Light Mayonnaise	1.00	1 tablespoon
Finfish and Shellfish		
Fish, salmon, pink, cooked, dry heat	2.00	3 oz
Fish, tuna salad	1.50	1 cup
Fruits & Fruit Juices		
Apricots, canned, juice pack, with skin, solids and liquids	0.75	1 cup, halves
Avocados, raw, all commercial varieties	0.50	1 cup, sliced
Banana - med 8"	3.50	each
Blueberries, raw	2.00	1 cup
Grapefruit, raw, pink and red, all areas	1.00	0.5 fruit (3-3/4" dia)

Food	Quantity	Measure
Kiwi fruit, (chinese gooseberries), fresh, raw	0.50	1 cup
Kiwi fruit, (chinese gooseberries), fresh, raw	1.00	1 fruit without skin, medium
Melons, cantaloupe, raw	0.50	1 cup, balls
Melons, honeydew, raw	0.50	1 cup, balls
Peaches, canned, juice pack, solids and liquids	1.00	1 cup
Raisins, seedless	1.00	1 miniature box (.5 oz)
Raisins, seedless	0.50	50 raisins
Strawberries, raw	1.00	1 cup, halves
Watermelon - fresh, diced	1.00	cup
Jams/ Spreads/Sauces/ Syrups		
BBQ - Thick n' Spicy, KRAFT	1.00	table spoon
Marinara sauce - Progresso 'Authentic'	0.50	cup
Peanut Butter	2.00	table spoon
peanut butter reduced fat	7.50	table spoon
Salsa - Chunky medium, Pace	4.00	table spoon
Soy sauce - Kikkoman 'Lite'	1.00	table spoon
Syrup - Aunt Jemima, ButterLite	1.50	table spoon
Teriyaki sauce - LaChoy 'Sauce & Marinade'	1.50	table spoon
Miscellaneous		
Tortilla - flour, soft, 7" diam.	1.00	each
Vegetarian burger - frozen, Green Giant, Harvest	1.00	each
Noodles & Pastas		
Spaghetti - whole wheat, cooked, Health Valley	1.00	cup
Nuts & Seeds		
Seeds, flaxseed	2.00	1 tablespoon
Pork Products		
Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	1.00	3 oz
Proteins (Healthy)		
Chicken Breast / White Meat	13.00	ounce(s)
Egg Whites - scrambled/boiled	3.00	each
Kraft American Cheese 2% Milk	1.00	slice
Shrimp - boiled or steamed	6.00	ounce(s)
Turkey, ground, extra lean	5.00	ounce(s)
Red Meats - Standard		
Beef, ground, extra lean, cooked, pan-fried, well done	1.50	3 oz
Rice, grains, flour		
Couscous, cooked	0.75	1 cup, cooked
Macaroni, whole-wheat, cooked	1.00	1 cup elbow shaped
Rice, brown, long-grain, cooked	1.25	1 cup
Snacks & Treats		
Popcorn - Lite, microwaved, Orvill Red. Gourmet	3.00	cup
Pretzels - Rold Gold, Tiny Tim	10.00	each
Soups and Gravies		
Soup, black bean, canned, prepared with equal volume water, commercial	1.50	1 cup
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	1.50	1 cup
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	1.00	1 cup
Vegetables		
Alfalfa seeds, sprouted, raw	0.50	1 cup

Food	Quantity	Measure
Asparagus, frozen, cooked, boiled, drained, without salt	1.00	1 cup
Broccoli, frozen, chopped, cooked, boiled, drained, without salt	1.25	1 cup
Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.50	1 cup
Carrots, baby, raw	14.00	1 large
Carrots, frozen, cooked, boiled, drained, without salt	1.75	1 cup, sliced
Cauliflower, frozen, cooked, boiled, drained, without salt	1.00	1 cup (1" pieces)
Cucumber - raw, slices	0.50	cup
Eggplant, cooked, boiled, drained, without salt	1.00	1 cup (1" cubes)
Green salad w/ raw vegetables	10.00	cup
Lettuce, green leaf, raw	2.00	1 leaf
Mushrooms, cooked, boiled, drained, without salt	1.00	0.5 cup pieces
Onion - chopped	2.50	table spoon
Pepper - sweet bell, all colors, chopped,	1.50	cup
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	1.00	0.5 cup
Spinach, raw	2.00	1 leaf
Sweetpotato, cooked, boiled, without skin	0.50	1 medium
Tomatoes, red, ripe, raw, year round average	5.00	1 slice, medium (1/4" thick)
zucchini, boiled, drained	2.00	1/2 cup