



Fresh Meats

- Smart Chicken (All Cuts)
- All Natural Ground Turkey
- All Natural Pork Chops
- All Natural Ground Beef (96/4 or 90/10), other “choice” cuts such as eye of round, sirloin tip side steak, top round roast and steak, bottom round roast and steak, top sirloin steak

Processed Sausage, Deli Meats, and Hot Dogs

- All Natural AllFresco Breakfast Chicken Sausage
- All Natural AllFresco Dinner Chicken Sausage
- Hormel Natural Choice Deli Meat
- Oscar Mayer Natural Deli Meat
- Oscar Mayer Selects Beef Franks

Seafood

- Canned Tuna in Olive Oil (Any Brand)
- Chicken of the Sea Canned Salmon
- Fresh seafood

Eggs

- Best Choice Cage Free Eggs
- Eggland's Best Eggs with Omega-3 Fatty Acids

Cheese

- Daisy Low Fat Cottage Cheese
- Mozzarella Cheese
- Swiss Cheese

Dairy

- Chobani Simply 100 Greek Yogurt
- Fairlife Milk (Ultra-Filtered Milk)
- Kerrygold Butter
- Lifeway Kefir (All Varieties)
- Plain Greek Yogurt (Any Brand)
- Whey Protein Powder

Fruits and Vegetables

- All organic and fresh and frozen fruits and vegetables and organic canned vegetables
- Conventional: Other Fresh Fruits and Vegetables
- Canned Vegetables
- Dried Fruit (Raisins, Prunes, Dates, Figs)
- Frozen Fruits and Vegetables

Carbohydrates

- Blue Diamond Nut Thins Crackers
- Brown Rice
- Buckwheat (Groats, Hot Cereal)
- Corn tortillas (Hard or Soft)
- Dried Beans/Lentils or Canned Beans (Contains only Beans, Water, Salt), Tofu
- Farm to Market Bread
- Farro
- Flours (Almond, Coconut, Whole Wheat, Buckwheat)
- Kashi Original 7 Grain Sea Salt
- Kind Peanut Butter Whole Grain Clusters
- Kashi Go Lean Cinnamon Crumble Cereal
- Millet
- Oatmeal (Old Fashioned Oats, Quick Oats)
- Popcorn Kernels
- Quinoa
- Whole Grain Pasta

Nuts/Seeds/Oils

- Chia Seeds
- Coconut Oil
- Extra Virgin Olive Oil
- Flax Seeds
- Hemp Seeds
- Nuts/Seeds (All Varieties)
- Smucker's Natural Peanut Butter

Staples

- 100% Maple Syrup
- All Natural Ketchup
- Bolthouse Farms Salad Dressings (All Varieties)
- Cascone's Garden Style Pasta Sauce OR Cascones Marinara Sauce
- Dried Spices, Mrs. Dash Seasonings, Baking Powder, Baking Soda
- Frank's Hot Sauce
- Local Honey
- Mustard
- Organic Swanson Chicken Broth
- Salsa
- Sea Salt

Beverages

- Coffee
- Orange Juice (Dilute with water)
- Silk Pure Almond Unsweetened Milk, Vanilla or Plain
- Tea

Bars/Chips/Sweets/Dips

- Ghirardelli Intense Dark Chocolate
- Kashi Bars
- Kettle Brand Potato Chips Reduced Fat Sea Salt
- Kind Bars
- Sabra Hummus



*All items may not be in all stores