

# Grocery List: James Samples

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