

“HEALTHIER CHOICES” SHOPPING LIST

PRODUCT	BRAND	PURCHASED
Frozen Foods		
Bowls Stuffed Pasta Shells	Amy's	Our Daily Bread; Wal-Mart; Albertson's
Black Bean Vegetable Enchilada	Amy's	“?”
Spinach Feta Pocket Sandwich	Amy's	“?”
Broccoli & Cheese Pocket Sandwich	Amy's	“?”
Boca Burgers	Boca	“?”
Breakfast Patties	Boca	Our Daily Bread
Eggplant Cutlets – Breaded Italian Style	Dominex	Our Daily Bread
Spicy Black Bean Patties	Morningstar	Albertson's; Wal-Mart
Breakfast Sandwich	Morningstar	“?”
Breakfast Strips	Morningstar	“?”
Portabella Mushroom & Oven Roasted Pepper Patties	Morningstar	“?”
Tomato & Basil Pizza Burgers	Morningstar	“?”
Philly Cheese Sandwich	Morningstar	“?”
Chik'N Tenders (veggie)	Morningstar	“?”
Stakelets	Worthington	“?”
Waffles /Pancakes– “Whole Wheat”	Kellogg's Eggo	Wal-mart; Albertson's; Our Daily Bread
Ice Cream Bars “Sweet Freedom” w/Splenda	Blue Bunny	Wal-Mart
Rice & Pasta		
Wild Blend Brown Rice	Lundberg	Albertson's; Our Daily Bread
Brown Rice in a Bag	Success	Albertson's; Wal-Mart
Whole Grain Brown “Ready” Rice	Uncle Ben's	Wal-Mart
Angel Hair – Whole Wheat Pasta	Fresina Pasta Co.	3458B Drusilla; Our Daily Bread
Breakfast Foods		
Pancake Mix “Whole Wheat”	Aunt Jemima	Albertson's; Our Daily Bread
Grape Nuts Cereal	Post	
Puffed Brown Rice Cereal	Alf's	Wal-Mart
Sugar Free Low Cal Syrup w/Splenda	Log Cabin	Wal-Mart
Sauces & Chili		
Pizza Squeeze	Contadina	Winn-Dixie
Pezzo Pasta Sauce	Fresina Pasta Co.	3458B Drusilla Lane
Turkey Chili	Hormel	Albertson's; Wal-Mart
Salad Dressings		
“Light” Buttermilk Ranch (2 carbs, 8 grams fat per 2 T)	T Marzetti's	Wal-Mart
Blue Cheese, Ranch (2 grams fat per T)	Two-Lightful	Wal-Mart
Breads		
Whole Wheat Bread/buns	Our Daily Bread	Our Daily Bread
Hamburger/Hot Dog Wheat Buns	Holsum	Albertson's

PRODUCT	BRAND	PURCHASED
Cold Meats		
Low Fat Smoke Sausage (turkey & pork)	Healthy Choice	Wal-Mart; Winn-Dixie
Low Fat Franks/Wieners (turkey & pork)	Healthy Choice	Wal-Mart; Winn-Dixie
Chips & Snacks		
Potato Chips – Natural, Sea Salt – Reduced Fat	Ruffles	Albertson's
Soy Crisps – Creamy Ranch, Roasted Garlic & Onion, Deep Sea Salt, Rich Cheddar Cheese, Zesty Barbeque, Apple Cinnamon Crunch	Gen Soy	Our Daily Bread; Albertson's; Wal-Mart
Low Fat Soy Crisps – Cheddar; Onion & Garlic	Glenny's	Health Nut
Chips – Carrot	Hain PureSnax	Our Daily Bread
Whole Wheat Crackers	Ritz	Albertson's; Wal-Mart; Our Daily Bread
Triscuits Thin Crisps; Wheat Thins Chips Multi-Grain	Nabisco	Albertson's; Wal-Mart
Sugar-Free Cookies: Almond, Peanut Butter, Chocolate Chip, Lemon	Joseph's	Our Daily Bread
Soy Nuts Deep Sea Roasted w/out Oil	Gen Soy	Our Daily Bread
Sesame Sticks Salted	Vita Spelt	Our Daily Bread
Peanut Butter Filled Pretzel Squares	Good Health	Our Daily Bread
Drinks		
Can Drinks w/Splenda – Cola, White Grape, Red Raspberry, Tangerine, Strawberry-Kiwi, "Diet Coke"	Diet Rite	Albertson's; Winn-Dixie
Can Drinks w/Splenda – Black Cherry, Peach, Orange	Hansen's	Our Daily Bread; Albertson's
Diet Tea w/Splenda	Community	Wal-Mart
Fruit ₂ O Natural Lemon w/Splenda	Veryfine	Wal-Mart
Cranberry Juice w/Splenda	Ocean Spray	Wal-Mart
Dairy		
Soy Milk: Plain, Chocolate, Vanilla	Silk Wave	Our Daily Bread; Albertson's; Wal-Mart; Winn-Dixie
Yogurt – Lite 85 w/Splenda	Blue Bunny	Wal-Mart
Yogurt: Strawberry Cheesecake Sundae	Guilt Free	Albertson's; Winn-Dixie
Light-n-Fit Carb Control Yogurt	Dannon	Wal-Mart
"Light" Creamy Swiss Cheese	The Laughing Cow	Calandro's-Government, Perkins at Siegen; Sam's; Winn-Dixie
"Light" String Cheese	Sargento's	Wal-Mart
Fat Free Veggie Dip – Ranch	T. Marzetti's	Wal-Mart
"Light" Veggie Dip – Ranch	T. Marzetti's	Wal-Mart
"Light" BUTTER (50% less fat)	Land O Lakes	Wal-Mart
Miscellaneous		
Sea Salt	Hain	Wal-Mart; Our Daily Bread
Liquid Aminos (salt substitute)	Braggs	Our Daily Bread, Florida Blvd
Sugar Substitutes	Splenda Stevia	Albertson; Wal-Mart; Our Daily Bread
Bread & Butter Pickles w/Splenda	Mt Olive	Wal-Mart

2/23/2018

Workshop – HLS New Forms/Shopping List

