



Fitness Forever Private Training Studio
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Grocery List For: Sterling, J.C.
For the Date Range: 08/20/2007 to 08/26/2007

Individual Foods

Food	Quantity	Measure
Proteins (Healthy)		
peanut butter, organic, Smuckers	4.5	table spoon
Jams/ Spreads/Sauces/ Syrups		
Soy sauce, Organic, Lite	4	table spoon
BBQ sauce, organic	4	table spoon
Salsa, Amy's Organic Black bean & Corn Salsa	5	table spoon
Prego Organic Tomato & Basil Italian Sauce	1	1/2 cup
Dairy		
Cheese, monterey jack, Organic Valley	4	ounce(s)
Cheese, Organic Valley Mild Shredded Cheddar	3	1/4 cup
Mild Cheddar Cheese Slices, Organic Valley	5	slice
Cottage Cheese, Horizon Organic Low Fat	3.5	1/2 cup
Cheese, Organic Valley Shredded	3	1/4 cup
Mozzarella		
Yogurt, Stoneyfield Organic low fat yogurt, peach	36	ounce(s)
Milk, Stoneyfield Organic Fat-free Milk	7	cup
Fruits & Fruit Juices		
Peach - medium, approx 4 oz.	3	medium
Grapefruit - pink or red 4" diam.	1.5	each
Grapes - American	15	each
Blueberries, raw	1.5	1 cup
Kiwi fruit, (chinese gooseberries), fresh, raw	2	1 fruit without skin, medium
Melons, cantaloupe, raw	2	1 cup, diced
Strawberries, raw	2	1 cup, halves
Fats & Oils		
Mayo, organic, light	4.5	table spoon
Cereals		
Cereal, Cascadian Farms Organic Purely O's	2	cup
hot cereal, Arrowhead Mills, Organic Instant Oatmeal	3	pack
Vegetables		
Celery, Organic stalk, trimmed	15	each
Salad- med w/ organic vegetables	2	each

Food	Quantity	Measure
Cascadian Farms Organic Thai-Style Stir Fry Blend Vegetables, Frozen	1	3/4 cup
Cascadian Farms Organic Garden Blend Frozen Vegetables	3	3/4 cup
Cascadian Farms Organic cut green beans, frozen	3	3/4 cup
Tomato, sliced, organic	8	slice
baby carrots, organic	22	medium
Salad, small w/ organic vegetables	5	small
Cascadian Farms Organic Broccoli Cuts	2	2/3 cup
Breads and baked goods		
Tortilla, LaTortilla Factory Low Carb/Low Fat Original	5	each
bread, low carb, Rudi's Organic Bakery, Right Choice	6	slice
crackers, Keebler Organic Toasteds Harvest Wheat	20	each
Carb. Snack Foods (Healthy)		
Grapes - American	20	each
Red Meats - Standard		
Beef, Organic Flank, separable lean only, trimmed, choice, cooked	5	ounce(s)
Soups and Gravies		
soup, Amy's Organic Vegetable Barley Soup	2	cup
Nuts & Seeds		
nuts, organic almonds	36	each
Misc. Meats		
Eggs, Organic Valley large brown egg, hard boiled	3	large
Dressings		
salad dressing, Newman's Own Organic Light Balsamic Vinaigrette	15	table spoon
Snacks & Treats		
rice cake, Lundberg Organic Rice Cake, caramel corn	3	each
Sausages and Lunch Meats		
Roast Beef, Organic Prairie Roast Beef Slices	8	ounce(s)
Poultry		
Chicken breast, organic	19	ounce(s)
Turkey Breast slices, Organic Prairie	9	ounce(s)
Finfish and Shellfish		
Shrimp, Organic, boiled or steamed	2	ounce(s)
Fish, organic salmon, wild, cooked, dry heat	9	ounce(s)
Pork Products		
Pork, organic, tenderloin, separable lean only, cooked, roasted	6	ounce(s)

Food	Quantity	Measure
Meals, Entrees and Sidedishes		
French Fries, Cascadian Farms Organic	6	ounce(s)
Frozen French Fries		