

Cornerstone Medical Group

I'M STRONG - Weight Loss for Adolescents & Teens

GROCERY LIST

Produce

Fresh fruits

Bananas

Peaches

Berries

Oranges

Fresh vegetables

Bunny luv® baby carrots

Sugar snap peas

Shelf

Crackers & Snacks

Kashi® TLC crackers

Cliff® Mo-Jo bars

Light canned fruit

Natural peanut butter

Tuna fish pouches

Whole-wheat pasta

Whole-wheat couscous

Whole-wheat tortillas and wraps

Brown rice

Nature's Path® oatmeal

Bottled water

Condiments

Low-fat mayonnaise

Light salad dressing

Olive, Canola oil

Avocado

Frozen/Refrigerated

Horizon® or Stony Field Farms® yogurt

Horizon® fat-free milk

Silk® soy milk

Horizon® chocolate milk to-go (indv. svg.)

Frozen blueberries or mixed berries

Morning Star® Breakfast Patties

Morning Star® Sausage Links

Low-fat cottage cheese

Kraft® low-fat cheese slices

Low-fat Frigo® cheese sticks

Light Laughing Cow® cheese

Hummus

Turkey

BoresHead® deli meat

Apples

Nectarines

Pears

Grapes

Grape tomatoes

Cucumbers

Low-fat Triscuits®

Cliff® Luna bars

Almonds & Walnuts

Kashi® TLC bars

GeniSoy® soy crisps

SmartPop® popcorn

Mustard

Low sod. soy sauce

Salsa

Ketchup (organic)

Chicken

Fish

Eggs

