

**WEEKLY BITE SUPERMARKET LIST**

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<b>BREAD &amp; BREAD PRODUCTS</b>	<b>CEREALS</b>	<b>MILK</b>
Flat Out Flat Bread	Trader Joe's High Fiber Fruit & Nut Medley	Fat Free/Skim/Nonfat Milk (any)
Mission Carb Balance Whole Wheat Tortilla	Kashi Go Lean	1% Milk
Mission Wrap Multi-Grain	Kashi Honey Sunshine	
Boboli Whole Wheat Pizza Crust	Kashi Heart to Heart	<b>CHEESES, HARD/SOFT</b>
Nature's Own Double Fiber Whole Wheat Bread	Barbara's Puffins – Original	Alpine Lace Reduced Sodium Munster Cheese
Arnolds Double Protein Bread	Barbara's Puffins – Cinnamon	Alpine Lace Swiss Cheese
Arnolds Sandwich Thins	Kellog's All-Bran Complete Wheat Flakes	Jarlsberg Deli Reduced Fat Swiss
Thomas Light English Muffins	Kellog's All-Bran Strawberry Medley	Kraft 2% Singles
La Tortilla Factory Whole Wheat Wraps	Kellog's All Bran Yogurt Bites	Kraft 2% Shredded Cheese
Martin's Whole Wheat Potato Bread	Fiber One – Original	Sargento Reduced Fat Shredded Cheese
Sara Lee Whole Grain Bread	Fiber One – Honey Clusters	Athenos Feta Crumbled
Arnolds Whole Wheat Sandwich Rolls	Chex, Wheat or Multi-Grain	Breakstone's Fat-Free Cottage Cheese
Arnolds Whole Wheat Hot dog Buns	Grape Nuts	Knudsen Non-Fat/Light Cottage Cheese
Schmidt Whole Wheat Hot Dog Buns	Quaker Oatmeal Squares	Kraft Reduced Fat Philadelphia Cream Cheese
Schmidt Whole Wheat Sandwich Rolls	Quaker Crunchy Corn Bran	Laughing Cow Light Wedges
		Mini Babybel Light Parmesan
<b>PANCAKE &amp; WAFFLE</b>	<b>HOT CEREALS</b>	Sargento Reduced Fat Sting Cheese
Arrowhead Mills Buckwheat Pancake/Waffle	McCann's Irish Oatmeal	
Arrowhead Mills Oat Bran Pancake/Waffle Mix	Nature's Path Oatmeal Optimum Power	<b>YOGURT</b>
Aunt Jemima Whole Wheat Pancake Mix	Quaker Multigrain Hot Cereal	Fage 0% & 2% Greek Yogurt
Hodgson Mill Whole What Pancake Mix	Quaker Oat Bran	Okikos 0% Greek Yogurt
Nature's Path Buttermilk Pancake Mix	Quaker Old Fashioned Oats	Yoplait Light Yogurt
Kashi Go Lean Waffles	Wheatena Hi Fiber Wheat Cereal	Dannon Light & Fit
		Stonyfield Farm Low Fat Plain/Vanilla

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<b>DAIRY ALTERNATIVES</b>	<b>OILS</b>	<b>POULTRY</b>
EdenBlend Rice & Soy Beverage	Canola oil (any)	Chicken Breast
EdenSoy Organic Soy Beverage	Olive oil (any)	Chicken (whole without neck or giblets)
8 <sup>th</sup> Continent Soymilk (light & regular)	Crisco Natural Blend	Duck
Rice Dream Enriched Non-Dairy Beverage	Wesson Pure Best Blend	Guinea
Silk Soy Milk (light & regular)	Safflower oil, high oleic	Pheasant (breast; leg)
Silk Soy Milk Creamer	Almond oil	Quail (breast)
Silk Live! Soy Yogurt		Turkey (breast)
White Wave Cultured Soy Yogurt	<b>BEEF</b>	
Galaxy Rice Cheese	Eye of Round	<b>GAME</b>
Galaxy Veggie Slices	Laura's Lean Beef (eye of round, ribeye, sirloin)	Buffalo
Yves Good Slice Soy Cheese (all)	Laura's Lean Beef (Tip round, sirloin top butt)	Elk
	Laura's Lean Beef (Top round, top round steak)	Venison
<b>EGGS &amp; EGG PRODUCTS</b>	Top Round Steak	
All Whites 100% Liquid Egg Whites	Veal Cutlets	<b>VEGETARIAN MEATS</b>
Egg Beaters (original & flavored)		Amy's Veggie Burger (all flavors)
Eggology 100 egg whites	<b>PORK</b>	Boca Burger (all flavors)
Better 'n' Eggs	Boneless Smoked Ham (95% Lean)	Garden Burger (all flavors)
Regular Eggs	Healthy Choice Dinner Honey Ham	Lightlife smart bacon
	Hormel Light & Lean Boneless Ham	Morning Star Better'n'Burgers
<b>NUTS &amp; SEEDS (low is sat. fat, use in moderation)</b>	Hormel Extra Lean Smoked Pork Chops	Morning Star Breakfast Patties
Almonds; Peanuts, Dry Roasted Peanuts,	Loin, Tenderloin Roast	Morning Star Ground Meatless
Pecans, Walnuts, Pistachios, Pumpkin, Sesame	Louis Rich Baked Cooked Ham Dinner Slices	Morning Star Spicy Black Bean Burger
		Silken Tofu
		Yves Veggie Dogs

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<b>FISH</b>	<b>FRUITS</b>	<b>CONDIMENTS/SAUCES</b>
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Crab, lobster, shrimp, bass, catfish, cod,	Canned: Any in water or unsweetened juice	Annie's Naturals No-Fat Dressing (all)
Flounder, grouper, haddock, salmon, snapper	Dried: apricots, currents, dates, prunes, raisins	Annie's Naturals Low-Fat Dressing (all)
Tilapia, Canned tuna or salmon in water	Fresh: Any (1 cup)	Newman's Own Lite Salad Dressing (all)
	Frozen: Any without added sugar (1 cup)	Newman's Own Salad Mists
<b>COOKING SPRAY</b>	Betty Crocker Fruit : All	(Any Light Salad Dressing of your choice)
Crisco cooking spray		Hellman's low-fat mayonnaise
Mazola no stick cooking spray	<b>VEGETABLES</b>	French's Yellow Mustard
Pam (all flavors)	Canned: no added salt (or rinse of surfact salt)	Dijon Mustard
Spectrum Naturals Cooking Spray	Fresh: ANY	Heinz 57 sauce
Weight Watchers cooking spray	Frozen: Any without sauce/ seasoning packet	Heinz Ketchup
Wesson no-stick spray		Texas Pete Hot Sauce
	<b>LEGUMES/BEANS</b>	Hunts Tomato Sauce
<b>MARGARINE/BUTTER SPREADS</b>	Canned or dried, plain (any) ½ cup cooked	Worcestershire Sauce
Brummel & Brown Spread	Amy's Organic Vegetarian Beans	Classico Pasta Sauce (any marinara flavor)
I Can't Believe it's not Butter Light Spread	B&M Baked Beans	Contadina Marinara
Smart Balance Omega Light	Eden Organic Beans (dry; canned)	Prego Tomato & Basil, Roasted Garlic
Smart Balance Heart Right Light	Old El Paso Beans (Black; garbanzo, pinto)	
Benecol spread	Progresso (black beans, chick peas)	<b>SPICES/SEASONINGS</b>
		McCormick Flavor Medleys (all)
<b>PEANUT BUTTER</b>		McCormick Spice Blends (all)
Trader Joe's Natural Peanut Butter		Red Pepper Flakes
Smucker's Natural Peanut Butter		Garlic Powder
Barney Butter		Italian Seasoning
		Onion Powder

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