

Strawberry Fields



Welcome to Strawberry Fields.

Shopping List

Grains:

- Whole grain bread/English muffins
- Whole grain tortillas
- Whole grain crackers
- Whole grain cereal
- Brown rice

Protein:

- Sliced turkey
- Low fat cheese
- Low sodium ham
- Ground beef (90/93% lean)
- Low fat yogurt
- Tofu
- Hummus
- Tuna
- Nut butter
- Black beans

Dairy:

- Low fat milk
- Low fat yogurt

Vegetables:

- Carrots
- Celery
- Broccoli
- Cucumbers
- Lettuce
- Tomato
- Green beans
- Red bell peppers

Fruit:

- Apples
- Bananas
- Oranges
- Cantaloupe
- Raisins
- Grapes
- Pears
- Peaches
- Blueberries
- Strawberries
- Watermelon