

Shopping List

GREENS, REDS & EVERY COLOR IN-BETWEEN

- Earthbound Farms Organic Lettuces
- Love Beets Organic Cooked Beets
- Franklin Farms Edamame
- Bloom Fresh Pomegranate Arils
- Auerpak Organic Peeled Garlic
- KINGS Spiralized and Pre-Cut Produce

HEALTHY CARBS

- Love Grown Foods Power O's Cereal
- Nature's Path Organic Heritage Flakes
- Pasta: Barilla Plus, Kings Whole Wheat, Tolerant Foods & Explore Cuisine Bean and Lentil
- Q'ia Oatmeal
- Flapjacked and Kodiak Cakes Pancake Mixes
- Bread Alone Organic Whole Grain Health Bread
- Mary's Gone Crackers and Pretzels

REFRIGERATOR MAKEOVER

- KINGS Organic Milk
- KINGS Organic Cage Free & Free Range Brown Eggs
- Greek & Icelandic Yogurts – Fage, Oikos, Chobani, Siggi's
- Muuna Cottage Cheese
- Le Grand Tzatziki
- Farmhouse Culture Kraut
- Wholly Guacamole Minis

TASTY FROZEN FOODS

- Garden Lights Soufflés & Veggie Muffins
- Amy's Light and Lean Frozen Meals
- Grainful Frozen Meals
- Luvo Planted Power Bowls
- Cascadian Farms French Fries
- Mikey's Muffins
- Food For Life Ezekiel Breads
- Van's 8 Whole Grains Muffins
- Sambazon Acai Packs
- Halo Top Ice Cream and Yasso Frozen Greek Yogurt Bars Pops
- Bonafide Organic Bone Broth
- KINGS Frozen Fruit & Vegetables

KINGS

WHERE INSPIRATION STRIKES

Shopping List

PROTEIN POWER

- Fresh Fish Counter
- Lean Protein: London Broil, Sirloin, Flank Steak, Chicken Breast, Turkey Breast, Pork Tenderloin
- Plainville Farms Natural Turkey Burgers
- Bell and Evans Frozen Organic Grilled Chicken Breasts
- KINGS Organic & Grass Fed Beef Varieties
- KINGS Frozen Cooked Shrimp

TASTY INDULGENCES AND SNACKS

- Quinn Microwave Popcorn
- Half Naked Hint of Olive Oil Popcorn
- Peeled Snacks Organic Apple-to-the-Core
- Munk Pack Oatmeal Squeeze
- Mamma Chia Chia Squeeze Multipacks
- Peeled Snacks Organic Apple-to-the-Core
- KIND Healthy Grains and Breakfast Bars
- Superseedz Gourmet Pumpkin Seeds
- Eatrageous Chips Original Sea Salt
- Enjoy Life's Cocoa Loco Baked Chewy Bars
- Kashi Soft Baked Cookies
- Element Dark Chocolate Dipped Rice Cakes
- Smash Mallow Snackable Marshmallows
- Saffron Road Crunchy Chickpeas
- Made Good Granola Minis
- Hippeas Chickpea Puffs
- Toufayan Gluten Free Pita Chips
- Beanitos Chips
- Green & Black's Organic 85% Dark Chocolate

PROTEIN POWER

- Wild Planet Lower Mercury Tuna & Wild Alaskan Salmon
- Bragg's Organic Apple Cider Vinegar
- Colavita Organic Olive Oil
- Uncle Steve's Organic Marinara Sauce
- La Tourangelle Oil Sprays
- Stonewall Kitchen Olive Oil and Balsamic Dressing
- Pacific Organic Boxed Soups
- Nuttzo, Crazy Richard's and Yumbutter Nut Butters
- Carrington Farms Organic Milled Flaxseed
- La Croix Seltzers
- Teas: Bigelow Green Tea, Republic of Tea's White Tea & Numi Organic Teas

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	
	2,000	2,500
Total fat	Less than 65g	80g
Sat fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

From www.fda.gov website