

FRIDGE LIST

Fresh fruit:

- Apples
- Grapes
- Berries
- Pineapple
- Pears
- Lemons, limes, oranges
- 100% pure orange juice, no sugar added

Vegetables:

- Fresh vegetables: cucumber, carrots, bell peppers, broccoli, cauliflower, green beans, brussel sprouts, zucchini, mushrooms, bokchoy, etc.
- Greens: romaine lettuce, spring mix, kale, arugula, baby spinach
- Avocados

Protein:

- Eggs
- Summer Fresh or Sabra Hummus (plain, garlic, roasted red pepper)
- Natural Peanut Butter (Kraft brand)
- Natural Almond butter (Kirkland brand)
- Lightlife tempeh
- Sunrise extra firm tofu
- Kefer
- Milk (skim, 1%, 2%)
- Low sodium feta cheese (Krinos)
- Goat cheese
- Unsweetened Greek yogurt (Oikos , Liberte, or PC brand)
- Cream cheese (Philadelphia brand)
- Yves falafel or kale and quinoa bites
- Cottage cheese 1% (No name, Gay lee brand)
- Ricotta cheese (PC or TreStelle brand)
- Black diamond medium cheddar cheese, Babybel light cheese, mini bocconcini (TeStelle)

Other:

- Condiments: Sriracha, Heinz ketchup with no sugar added, Hellman's olive oil mayonnaise, pure maple syrup, plant milk, pesto, tahini (Arz brand), salsa (PC brand)
- Minced garlic and ginger