Barracks Dweller Shopping List

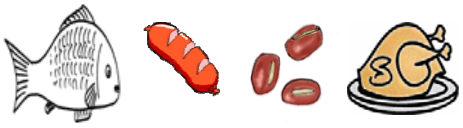
CARBOHYDRATES (6-11/DAY)

- WHOLE GRAIN BREAD
- BAGELS
- PRETZELS
- ENGLISH MUFFINS
- PITA BREAD
- CORN TORTILLAS
- FLOUR TORTILLAS (LOW-FAT)

CEREALS

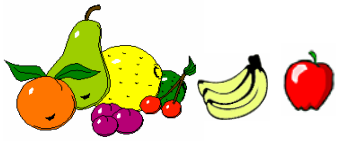
- RAISIN BRAN
- BRAN FLAKES
- TOTAL
- WHEATIES
- SHREDDED WHEAT
- OATMEAL
- KASHA
- GREAT GRAINS
- CHERRIOS

PROTEIN FOODS (6-8 OZ/DAY)



- FROZEN CHICKEN BREAST
- TUNA CANNED IN WATER
- GARDEN/BOCA BURGER
- PEANUT BUTTER
- CANNED BEANS
- COTTAGE CHEESE

FRUITS (2-4/DAY)



- APPLES
- ORANGES
- BANANAS
- GRAPES
- FROZEN BERRIES
- NECTARINES/PLUMS
- CANNED FRUIT IN ITS OWN JUICE
- APPLESAUCE
- RAISINS/PRUNES

VEGETABLES (3-5/DAY)

- POTATOES
- FROZEN STIR FRY VEGGIES
- SALAD MIX
- BABY CARROTS
- COLESLAW MIX
- V8 JUICE
- CELERY

MILK/DAIRY (2-3/DAY)

- NON-FAT OR 1% MILK
- NON-FAT OR LOW FAT YOGURT

- LOW-FAT DELI MEATS
- MOZZARELLA CHEESE