

Produce

<input type="checkbox"/>	apple
<input type="checkbox"/>	banana
<input type="checkbox"/>	bell peppers
<input type="checkbox"/>	berries
<input type="checkbox"/>	carrots
<input type="checkbox"/>	cherry tomatoes
<input type="checkbox"/>	corn on the cob
<input type="checkbox"/>	cucumbers
<input type="checkbox"/>	eggplant
<input type="checkbox"/>	fresh baby spinach
<input type="checkbox"/>	fresh basil
<input type="checkbox"/>	fresh garlic
<input type="checkbox"/>	fresh marjoram
<input type="checkbox"/>	fresh mint
<input type="checkbox"/>	fresh oregano
<input type="checkbox"/>	fresh thyme
<input type="checkbox"/>	garlic cloves
<input type="checkbox"/>	grapes
<input type="checkbox"/>	green beans
<input type="checkbox"/>	jalapeno pepper
<input type="checkbox"/>	lettuce
<input type="checkbox"/>	mushrooms
<input type="checkbox"/>	onion
<input type="checkbox"/>	peach
<input type="checkbox"/>	peppers
<input type="checkbox"/>	potatoes
<input type="checkbox"/>	red bell peppers
<input type="checkbox"/>	red onion
<input type="checkbox"/>	salad greens
<input type="checkbox"/>	scallions
<input type="checkbox"/>	tomatoes
<input type="checkbox"/>	yellow bell peppers
<input type="checkbox"/>	zucchini

Dairy/Frozen

<input type="checkbox"/>	Dannon® Light & Fit® Yogurt
<input type="checkbox"/>	Egg Beaters®
<input type="checkbox"/>	egg whites
<input type="checkbox"/>	fat-free cheese
<input type="checkbox"/>	fat-free feta cheese
<input type="checkbox"/>	Fat-Free Parmesan Cheese*
<input type="checkbox"/>	fat-free shredded cheddar
<input type="checkbox"/>	fat-free sour cream
<input type="checkbox"/>	frozen peas
<input type="checkbox"/>	Gardenburger®
<input type="checkbox"/>	light orange juice
<input type="checkbox"/>	low-fat shredded cheddar
<input type="checkbox"/>	nonfat milk
<input type="checkbox"/>	nonfat plain yogurt
<input type="checkbox"/>	Oscar Mayer® Precooked Bacon
<input type="checkbox"/>	reduced-fat shredded Swiss cheese
<input type="checkbox"/>	shredded light Jarlsberg cheese
<input type="checkbox"/>	Smart Beat® Mayonnaise*
<input type="checkbox"/>	Spray butter
<input type="checkbox"/>	unsalted butter

Miscellaneous

<input type="checkbox"/>	100 calorie bag of popcorn
<input type="checkbox"/>	100 calorie pack of your choice
<input type="checkbox"/>	Aunt Jemima® Complete pancake mix
<input type="checkbox"/>	balsamic vinegar
<input type="checkbox"/>	Benefiber®
<input type="checkbox"/>	can pumpkin
<input type="checkbox"/>	cannellini beans
<input type="checkbox"/>	canola oil
<input type="checkbox"/>	cereal
<input type="checkbox"/>	chicken breast
<input type="checkbox"/>	cider vinegar
<input type="checkbox"/>	fat-free dressing
<input type="checkbox"/>	Fiber One® cereal
<input type="checkbox"/>	ground turkey breast
<input type="checkbox"/>	ketchup
<input type="checkbox"/>	Kim's Light Bagels®*
<input type="checkbox"/>	Kim's Light Flat Bread*
<input type="checkbox"/>	lean ground turkey
<input type="checkbox"/>	lemon juice
<input type="checkbox"/>	Light Pasta*
<input type="checkbox"/>	light potato chips
<input type="checkbox"/>	liquid smoke
<input type="checkbox"/>	long grain brown rice
<input type="checkbox"/>	molasses
<input type="checkbox"/>	mustard powder
<input type="checkbox"/>	olive oil
<input type="checkbox"/>	packet onion soup mix
<input type="checkbox"/>	PB2*
<input type="checkbox"/>	pickles
<input type="checkbox"/>	Quaker® Weight Control Oatmeal
<input type="checkbox"/>	red kidney beans
<input type="checkbox"/>	red wine vinegar
<input type="checkbox"/>	salsa
<input type="checkbox"/>	sugar-free syrup
<input type="checkbox"/>	unsweetened applesauce
<input type="checkbox"/>	white wine vinegar

Baking

<input type="checkbox"/>	all-purpose flour
<input type="checkbox"/>	allspice
<input type="checkbox"/>	angel food cake mix
<input type="checkbox"/>	baking powder
<input type="checkbox"/>	baking soda
<input type="checkbox"/>	Benefiber®
<input type="checkbox"/>	black pepper
<input type="checkbox"/>	cornstarch
<input type="checkbox"/>	cumin
<input type="checkbox"/>	favorite seasoning
<input type="checkbox"/>	flour
<input type="checkbox"/>	ground allspice
<input type="checkbox"/>	ground cinnamon
<input type="checkbox"/>	ground cloves
<input type="checkbox"/>	ground ginger
<input type="checkbox"/>	ground nutmeg
<input type="checkbox"/>	Italian Seasoning*
<input type="checkbox"/>	Low-Calorie Granulated Sugar*
<input type="checkbox"/>	mustard powder
<input type="checkbox"/>	nonfat dry milk powder
<input type="checkbox"/>	onion powder
<input type="checkbox"/>	paprika
<input type="checkbox"/>	pepper
<input type="checkbox"/>	salt
<input type="checkbox"/>	Splenda®
<input type="checkbox"/>	Splenda® brown sugar
<input type="checkbox"/>	vanilla extract
<input type="checkbox"/>	whole wheat flour
<input type="checkbox"/>	whole-wheat pastry flour

*products can be found at KimBensen.com