



Your Company Name Goes Here  
1234 Sunny Street  
Sometown, US 12345  
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youremail@yourserviceprovider.com

**Grocery List For:**  
**For the Date Range:**

**Samples, Jane**  
**03/22/2007 to 03/22/2007**

**Individual Foods**

Food	Quantity	Measure
<b>Proteins (Healthy)</b>		
Egg Beaters - Fleischmann's	.5	cup
Halibut - broiled	4	ounce(s)
Chicken Breast / White Meat	4	ounce(s)
<b>Starchy Carbohydrates (Healthy)</b>		
Brown Rice - cooked	.5	cup
<b>Fibrous Carbohydrates (Healthy)</b>		
Salad - lrg. garden w/tomato & onion	1	large
Salad - sm. garden w/tomato, onion	1	small
<b>Jams/ Spreads/Sauces/ Syrups</b>		
Mayonnaise - KRAFT Free, fat free	2.5	table spoon
Relish - pickle	1	table spoon
<b>Dairy</b>		
Yogurt - Yoplait, Light, all flavors	6	ounce(s)
Milk - skim, no fat	1	cup
<b>Fruits &amp; Fruit Juices</b>		
Grapefruit - pink or red 4" diam.	.5	each
Banana - med 8"	1	each
<b>Protein Snack Foods (Healthy)</b>		
Tuna Solid White -Water Sm. can	4	ounce(s)
<b>Cereals</b>		
Oatmeal - instant pkt.,maple, brn sugar Quaker	1	pack
<b>Vegetables</b>		
Broccoli, frozen, chopped, boiled, drained, no salt	1	1 cup
<b>Breads and baked goods</b>		
Croutons, seasoned	.25	1 cup
<b>Carb. Snack Foods (Healthy)</b>		
Cracker/Nabisco - Low Saltines	6	each
<b>Dressings</b>		
Oil & Vinegar - Wish-Bone, vinaigrette	4.5	table spoon
<b>Lite</b>		