



FIT KIT 4

Store List:

- **9 inch plate** (plastic/Styrofoam)
- **Packages:**
 - Grilled Chicken Breast Strips (fully cooked)
 - Whole Grain Brown Rice
 - **Uncle Bens Ready Whole Grain Rice** (microwave in pouch)
 - **10 Minute Success Boil-in-Bag** Whole Grain Brown Rice
 - Frozen Vegetable Medley/Stir Fry Vegetables
 - **MorningStar Farms** or **Boca Veggie Burgers** (several varieties)
 - Whole Wheat tortillas
 - Black beans (can)
 - Chicken Breast 99% fat free packed in water (can)
 - Ground Turkey Breast (Extra Lean 99% Fat Free)
 - Whole Wheat Pasta, Spaghetti Sauce (no added sugar)