

## Safeway Shopping List

This list includes foods that fit the JumpstartMD program. Some items may vary in availability, and other suitable options may also exist. Vegan-friendly products are marked with a (V). If you haven't yet reviewed the Box Tracking System (covered at Visit 3), ignore the Protein (Pro), Carbohydrate (Carb), and Healthy Fat (Fat) labels and below descriptor for now.

If you prefer a more detailed tracking approach, your JumpstartMD Clinician or Health Coach can help tailor a plan. You can also ask Rumi questions about tracking, nutrition content and more on the JumpstartMD App. Most members achieve strong results using this simplified, easy-to-follow system.

## How to Track Macronutrient Boxes

Use nutrition labels and the JumpstartMD box counting system to track servings of Protein, Carbohydrate, and Healthy Fat. Each box equals approximately:

- » **10 grams** of protein, carbs, or fat per one box
- » **5 grams** of protein, carbs, or fat per half box

To determine total boxes of a given macronutrient, round up or down to the nearest 5 or 10 gram increment.

Many foods tracked as protein (like meat, seafood, eggs, and dairy) may also contain fat or carbs. Similarly, foods tracked as healthy fats (like nuts, seeds, and avocado) often contain some protein or carbs. To keep things simple:

- » **Only track carbs** from approved fruits and vegetables
- » **Only track fats** from listed "Healthy Added Fats" (e.g., oils, butter, cream, nuts, seeds, avocado)

Product	Brand	Serving	Box Count		
			PRO	CARB	FAT
Beef Ground Beef Patties 80% Lean 20%	Signature Farms	1 patty	3.5	0	0
Beef Patties Prime Rib	Signature SELECT	1 patty	2	0	0
Beef Patties Smashed	Signature SELECT	2 Patties	2	0	0
Beef Patties Wagyu	Signature SELECT	1 patty	2	0	0
Chicken Breast Boneless Skinless For Fajitas Fresh	Safeway	3 oz	2	0	0
Kabobs Beef With Vegetables	Safeway	1 skewer	2	0	0
Pork Loin Top Loin Chops Boneless Seasoned	Safeway	3 oz	2	0	0
Salmon Coho Smoked Trio Cajun Spice & Pepper	Echo Falls	3 oz	2	0	0
Salmon Wild Alaskan Sockeye Smoked Peppered	Waterfront BISTRO	3 oz	2	0	0
Salmon Portion With Citrus Lemon	Safeway	3 oz	2	0	0

Please see „Protein” in your QuickStart Guide for additional protein options!

## DAIRY

Bacon & Cheese Egg Bites	Three Bridges	1 tray	2	0.5	2.5
Cottage Cheese	Daisy	½ cup	1	0	0
Cottage Cheese	Good Culture	½ cup	1	0	0
Cottage Cheese	O Organics	½ cup	1	0	0
Dairy Snack (Strawberry, vanilla, coconut)	Ratio Keto Friendly	1 container	1.5	0.5	1

Product	Brand	Serving	PRO	CARB	FAT
Egg Bites - Bacon & Pepper jack	Nellies Sous Vide	1 egg bite	1	0	0
Egg bites and Cheese	Three Bridges	1 tray	1.5	0.5	2
Hard boiled egg	O Organics	2 egg	1	0	0
Organic Cottage Cheese	Clover	1/3 cup	1	0	0
Organic Eggs Hard Cooked Peeled	O Organics	2 egg	1	0	0
Sharp Cheddar	Tillamook	1 slice	0.5	0	0
Sheep Yogurt	Bellwether Farms	1/2 cup	1	0	0
Slice Swiss Chesses	Lucerne	1 slice	0.5	0	0
Sous Vide Egg Bites - Broccoli cheddar	Nellies Sous Vide	1 egg bite	0.5	0	0
String Cheese	Frigo	1 piece	0.5	0	0
String Cheese	Galbani	1 piece	5	0	0
Vanilla Yogurt Cultured Ultra Filtered Milk	Oikos Ori	1 cup	2	0	0
Whole Milk Mozzarella Cheese	Galbani	1 oz	0.5	0	0
Yogurt (any flavor)	Too Good	1 container	1.5	0	0
Zero Sugar Vanilla Yogurt ( any flavor)	Light + Fit	1/2 cup	1	0	0

If "dairy free" check out the "Vegetarian / Vegan" section for dairy free alternatives!

## HEALTHY FATS

Almond Butter Crunchy (V)	Open Nature	1 tbsp	0	0	1
Almond Butter Smooth (V)	Maisie Janes	1 tbsp	0	0	1
Brie Bites	Supreme	1 piece	0	0	0
Cream Cheese	Lucerne	2 tbsp	0	0	1
Cream Cheese Spread Whipped	Lucerne	2 tbsp	0	0	0
Crunchy Almond Butter (V)	Once Again	1 tbsp	0	0	1
Fresh Cut Guacamole Hot (V)	Fresh Cut	1 cup	0	0	1
Half and Half	Lucerne	2 tbsp	0	0	0
Heavy Whipping Cream	Lucerne	1 tbsp	0	0	0
Heavy Whipping Cream Alternative	Silk Dairy	2 tbsp	0	0	0
Mascarpone Cheese	BelGioioso	1 tbsp	0	0	1
Mediterranean Kefir Cheese Labneh	Karoun	2 tbsp	0	0	0
Organic Half & Half	Horizon	2 tbsp	0	0	0
Organic Avocado Oil (V)	Primal Kitchen	1 tbsp	0	0	0
Organic Cream Cheese	O Organics	1 tbsp	0	0	1
Organic Garlic Aioli Avocado Oil Mayonnaise	Primal Kitchen	1 tbsp	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Organic Ghee	O Organics	1 tbsp	0	0	1
Organic Heavy Whipping Cream	Horizon	1 tbsp	0	0	0
Organic Mayonnaise	Sir Kensington's	1 tbsp	0	0	0
Organic Peanut Butter/Creamy (V)	O Organics	1 tbsp	0	0	1
Organic Sour Cream	O Organics	2 tbsp	0	0	0
Organic Unsweetened & Salt Free Tahini (V)	Once Again	1 tbsp	1	0	0
Organics Lactose Free Cream Cheese	Green Valley	2 tbsp	0	0	1
Original Whipped Cream Cheese	Philadelphia	2 tbsp	0	0	0
Peanut Butter Old Fashioned Smooth (V)	Laura Scudders	1 tbsp	0	0	1
Peanut Butter Powdered (V)	PB2	1 tbsp	0	0	0
Pure Irish Butter	Kerry gold	1 tbsp	0	0	1
Roasted & Salted Sunflower Nuts	Good Sense	1/3 cup	0	0	1
Sour Cream	Daisy	2 tbsp	0	0	0
Sour Cream Lactose Free	Green Valley	2 tbsp	0	0	0
Unsweetened Vanilla Almond Milk Yogurt (V)	Kite Hill	3/4 cup	0	0	1
Unsweetened Vanilla Coconut Milk Yogurt (V)	So Delicious	1/2 cup	0	0	1

If "dairy free" check out the "Vegetarian / Vegan" section for dairy free alternatives to cheese and milk products!

## VEGETARIAN/ VEGAN

Beyond Burger Plant Based Patties (V)	Beyond Meat	1 patty	2	1	1.5
Breakfast Suas'ge (V)	Gardein Ultimate	2 patties	1.5	0.5	1
California Veggie Burger (V)	Dr. Praegers	1 burger	0.5	1.5	0.5
Classic Cheese Pizza On A Cauliflower Crust	Cali'flour Foods	1/2 pizza	2	0.5	2
Edamame Spicy (V)	Melissa's	1 oz	1	0	0
Egg Folded (V)	Just Egg	1 container	0.5	0.5	0
Eggs Plant Based Liquid (V)	Just Egg	3 tbsp	0.5	0	0
Ground Beef (V)	Gardein Ultimate	3/4 cup	2	0.5	0
Impossible Foods Burger Patties (V)	Impossible Food	1 patty	2	1	0
Just Like Sour Cream (V)	Violife	2 tbsp	0	0	0
Meat Grillers (V)	MorningStar Farms	1/2 cup	1.5	0.5	0
Meatless Chicken Strips Plant Based (V)	MorningStar Farms	13 strips	2.5	0.5	0
Meatless Meatballs (V)	Gardein Ultimate	3 meatballs	1.5	1	0
Meatless Sausage Patties (V)	MorningStar Farms	1 patty	1	0.5	0
Organic Probiotic Cashew Milk Yogurt Vanilla (V)	Forager	2/3 cup	0	0	1

Product	Brand	Serving	PRO	CARB	FAT
Organic Tofu Extra Firm (V)	O Organics	3 oz	1	0	0
Organic Yogurt Alternative Cashew milk (V)	Forager	⅔ cup	0	0	0
Original Soy Tempeh (V)	Lightlife	3 oz	1.5	1	0
Plant Based - Cream Cheese (V)	Philadelphia	2 tbsp	0	0	0.5
Plant Based Cream Cheese Chive (V)	Open Nature	1 tbsp	0	0	1
Plant Based Salmon Burger (V)	Good Catch	1 burger	1.5	1	0
Sausage Plant Based (V)	Beyond Meat	1 link	1.5	0.5	0
Unsweetened Vanilla Almond Milk Yogurt (V)	Kite Hill	¾ cup	0	0	1
Vanilla Plant Based Protein Powder (V)	Open Nature	1 scoop	2	0.5	0
Vegetable Enchilada Bake	Cali'flour Foods	1 entree	1.5	1.5	1.5
Vegetable Lasagna	Cali'flour Foods	1 entree	2.5	1.5	2
Veggie Burgers Plant Based (V)	MorningStar Farms	1 burger	1	1.5	0
Gouda Stuffed Mushrooms	Safeway	½ tray	0.5	0	1
Beef Broth Plant Based (V)	Gardein	1 cup	0	0	0
Cajun Pieces Plant Based Chicken (V)	Daring	2.5 oz	1.5	0.5	0
Chicken Broth Plant Based (V)	Gardein	1 cup	0	0	0
Hatch Chili Stuffed With Gouda Spread	Safeway	1 tray	0.5	1	0

See other categories for more Vegan / Vegetarian options & "Beverages" for vegan protein powders and drinks!

## PRODUCE

Cucumbers Mini (V)	Signature Farms	1 cup	0	1	0
Fennel / Sweet Anise (V)	Safeway	⅔ cup	0	1	0
Okra (V)	Safeway	1 cup	0	1	0
Organic Baby Spinach (V)	O Organics	Free	0	0	0
Organic Banana (V)	Safeway	½ small	0	1	0
Organic Blackberries (V)	Driscoll's	½ cup	0	1	0
Organic Blueberries (V)	Safeway	½ cup	0	1	0
Organic Broccoli (V)	Earthbound Farm	1 cup	0	1	0
Organic Butternut Squash (V)	Safeway	1 cup	0	1	0
Organic Green Beans Prepacked Bag (V)	O Organics	1 cup	0	1	0
Organic Green Kale (V)	Safeway	1 cup	0	1	0
Organic Green Zucchini Squash (V)	Safeway	1 cup	0	1	0
Organic Hass Avocado (V)	Safeway	½ cup	0	0	1
Organic Kabocha Squash (V)	Safeway	1 cup	0	1	0

Product	Brand	Serving	PRO	CARB	FAT
Organic Medley Cherry Tomato (V)	O Organics	1 cup	0	1	0
Organic Mushrooms Whole White (V)	O Organics	Free	0	0	0
Organic Persian Cucumber (V)	Mellissa's	1 cup	0	1	0
Organic Raspberries (V)	Green Belle	½ cup	0	1	0
Organic Red Bell Pepper (V)	Safeway	1 cup	0	1	0
Organic Romaine Hearts (V)	O Organics	Free	0	0	0
Organic Spaghetti Squash (V)	Safeway	1 cup	0	1	0
Organic Spring Mix Green (V)	O Organics	Free	0	0	0
Organic Strawberries (V)	Giant	1 cup	0	1	0
Organic Turnip (V)	Safeway	1 cup	0	1	0
Organic White Cauliflower (V)	Pure Pacific	1 cup	0	1	0

See additional produce options in the QuickStart Guide!

## FROZEN PREPARED MEALS

Chicken & Broccoli Alfredo	Atkins	½ tray	4	0	1
Chicken Enchilada Bake	Cali'flour Foods	1 entrée	2	2	0
Chicken Enchiladas	Real Good Foods	2 enchiladas	3	1	0
Chicken Nuggets	Real Good Foods	4oz	2	0	0
Chicken Strips	Real Good Foods	4 oz	2	0	0
Cooked Shrimp	waterfront BISTRO	5 shrimp	1	0	0
Lasagna Bowl	Real Good Foods	1 bowl	2	1	0
Lasagna with Meat Sauce	Cali'flour Foods	1 entrée	3	2	0
Low Carb Beef And Broccoli	Healthy Choice	1 meal	2	2	0
Orange Chicken	Real Good Foods	1 cup	2	2	0
Oven Ready Boneless Turkey Breast Homestyle	Jennie-O	4 oz	4	0	0
Steamers Grilled Chicken & Broccoli Alfredo	Healthy Choice	1 meal	3	1	0
Steamers Grilled Chicken Pesto & Vegetables	Healthy Choice	1 meal	3	1	0
Sweet & Sour Chicken	Real Good Foods	1 cup	2	2	0
Turkey Burger Seasoned	Jennie-O	1 burger	5	0	0
Uncured Chicken Pepperoni Pizza	Cali'flour Foods	½ pizza	2	1	0

See Vegetarian / Vegan section for more "Frozen Prepared Meal" options

## GRAB AND GO MEALS

Beef Pot Roast With Bourbon Glaze Cold	Signature Cafe	3 oz	2	0	0
Beef Rib Steak Bone In	Safeway	3 oz	2	0	0
Boneless Grilled Chicken Breast	Ready Meat	3 oz	2	0	0

Product	Brand	Serving	PRO	CARB	FAT
Brussels Sprout Halves W/bacon & Garlic Herb Butter	Safeway	1 cup	0	1	0
Cooked Turkey meatballs	Cooked Perfect	3 meatballs	1.5	0.5	0
Crab Meat Claw Wild Caught Ready To Eat	waterfront BISTRO	1/3 cup	1.5	0	0.5
Crab Meat Lump Wild Caught Ready	Waterfront BISTRO	1/3 cup	2	0	0.5
Deli Grilled Chicken Breast Cold	Safeway	3 oz	2	0	0
Deli Mediterranean Chicken Skewer	Safeway	1 oz	0.5	0	0
Deli Roasted Chicken Dark Hot	Safeway	3 oz	2	0	0
Deli White Meat Grilled Chicken	Safeway	3 oz	2	0	0
Fire Grilled Chicken Skewers	Ready Meat	3 Oz	2	0	0
Fresh Cut Vegetables Steaming (V)	Safeway	1 cup	0	1	0
Green Beans Side	Ready Meat	1 cup	0	1	0
Grilled Chicken Tenders Hot	Safeway	3 oz	2	0	0
Ham Off The Bone	Primo Taglio	2 oz	1	0	0
Lemon Marinated Salmon	Ready Meat	3 oz	2	0	0
Meatloaf Homestyle	Signature SELECT	4 oz	2.5	0	0
Mediterranean Chicken Skewer Hot	Safeway	1 oz	0.5	0	0
Mesquite Turkey Breast	Signature Cafe	4 oz	2.5	0	0
Natural Black Forest Ham	Applegate	2 slices	1.5	0	0
Natural Roasted Turkey Breast	Applegate	2 slices	1	0	0
Pack Salami Genoa And Cheese Provolone	Primo Taglio	3 oz	2	0	0
Pan Roasted Turkey Breast	Primo Taglio	3 oz	2	0	0
Pork Chorizo	Papa Cantella's	2 oz	1	0	0
Pork Chub Chorizo	Cacique	2.5 oz	1	0	0
Prosciutto 100% Natural	Open Nature	1 oz	0.5	0	0
Roasted Shredded Chicken Cold	Ready Meat	1 oz	1	0	0
Roasted Turkey Breast Cold	Primo Taglio	1 oz	1	0	0
Salami Cheese Egg & Almond	Protein Snacker	1 container	3.5	0	1
Stuffed Bell Peppers	Safeway	1 cup	1	1	0
Stuffed Zucchini	Safeway	1 cup	0	1	0
Swordfish Steak Fresh (fish only)	Safeway	3 oz	2	0	0
Tender Herb Pork Loin Filet	Hormel Always	3 oz	2	0	0
Tender Lemon Garlic Pork Loin Filet	Hormel Always	3 oz	2	0	0
Traditional Whole Roasted Chicken Cold	Signature Cafe	3 oz	2	0	0

Product	Brand	Serving	PRO	CARB	FAT
Whole Roasted Chicken Hot	Open Nature	3 oz	2	0	0
<b>GRAB AND GO SALADS</b>					
Caesar Salad	Ready Meals	1 cup	0.5	1	1.5
Seafood Salad	Ready Meals	1 cup	0.5	1	1.5
Chef Salad With Chicken	Valley Spring	1 cup	1	0.5	1.5
Chicken Caesar Green Salad	Ready Meals	1 cup	1	1	1
Chicken Caesar Salad	Boars Head	1 container	2.5	2	1.5
Chicken Salad	Ready Meals	1 container	1	0	1.5
Chicken Salad Over Bed Of Lettuce	Ready Meals	1 container	1	0.5	2.5
Greek Salad	Boars Head	1 container	2.5	1	1.5
Premade Berry & Chicken Green Salad	Valley Spring	1 cup	0.5	1	1
Premade Chef Salad	Valley Spring	1 cup	1	0.5	1
Southwest Style Salad With Chicken	Ready Meals	1 cup	0.5	1	1
Tuna Salad Over Bed of Lettuce	Ready Meals	1 container	1	1	0
Turkey Cobb Salad	Ready Meals	1 container	3	1	0
<b>LOW CARB ALTERNATIVES</b>					
Cali'flour Crust Pizza Cal Original Italian Frozen	Cali'flour Foods	1/3 crust	1	0	0
Keto Meal Teriyaki (V)	Miracle Noodle	1/2 pack	0	0.5	0.5
Keto Meal Thai Peanut (V)	Miracle Noodle	1/2 pack	0.5	0.5	0.5
Noodle Ready To Eat Pho Shirataki (V)	Miracle Noodle	1/2 pack	0	0.5	0
Organic Edamame Fettuccine Pasta (V)	Seapoint Farms	2 oz	2.5	2	0.5
Shirataki Noodle Shaped Tofu (V)	House Tofu	4 oz	0	0	0.5
Zero Shirataki Spaghetti Pasta (V)	Nasoya	2/3 cup	0	0.5	0
Base Culture Bread	Base Culture	1 slice	0	1.5	0.5
Gluten Free Almond Flour Tortillas (V)	Mission	1 tortilla	0.5	1.5	0.5
Grain Free Almond Flour Tortillas (V)	Siete	1 tortilla	0.5	1	0.5
Grain Free Taco Shells (V)	Siete	2 taco	0	1.5	0.5
Keto Everything Bagel	Unbun	1 bagel	1	1.5	1.5
Keto Bread Sliced	Unbun	2 slices	0.5	1.5	1.5
Keto Plan Bagel	Unbun	1 bagel	1	2	2
Low Carb Tortillas Whole Wheat	La Tortilla Factory	1 tortilla	0	1	0
Original Egg White Wraps	Egglife	1 wrap	0	0	0
Sweet & Buttery Bread	Sola	1 slice	0	1	0

Product	Brand	Serving	PRO	CARB	FAT
Unbun Untortilla (V)	Unbun	1 slice	0	0	1

See "Snacks" for other alternatives to higher carb foods you might miss!

## SNACKS

Almond Flour Farmhouse Cheddar	Simple Mills	17 crackers	0.5	1.5	1
Almond Flour Rosemary & Sea Salt Crackers	Simple Mills	17 crackers	0.5	1.5	1
Almond Flour Sundried Tomato & Basil cracker	Simple Mills	17 crackers	0.5	1.5	1
Beef Stick Jalapeno	Chomps	1 stick	1	0	0
Cracker Seed Everything Crackers	Simple Mills	9 crackers	0.5	2	1
Fresh Cut Guacamole	Safeway	1 oz	0	0.5	0.5
Hot Salsa Roja (V)	Casa Sanchez	¼ cup	0	0	0
Lemon Herb Plant Based Chicken	Daring	2.5 oz	1.5	0.5	0.5
Lil Land jaeger	Bv	2 sticks	1	0	0
Mild Salsa Roja (V)	Casa Sanchez	1/4 cup	0	0	0
Moon Cheese Snack Cheddar	Moon Cheese	1 pack	1	0	0
Moon Cheese Snack Girl Parm	Moon Cheese	1 pack	1.5	0	0
Moon Cheese White Cheda/black Peppa	Moon Cheese	1 pack	1	0	0
Organic Hummus Traditional Snack Cup (V)	O Organics	1 container	0.5	1	1
Organic Pickles Spears Kosher Dill (V)	O Organics	2 pickles	0	0	0
Organic Roasted Red Pepper Hummus (V)	O Organics	1 tbsp	0	0	0
Organic Sea Salt And Olive Oil Hummus (V)	Hope	1 tbsp	0	0	0
Organic Seaweed Snack Sesame (V)	Annie Chuns	½ pack	0	0	0
Organic Seaweed Snacks Sea Salt (V)	Annie Chuns	1 pack	0	0	0
Original Dill Whole Pickles (V)	Vlasic Keto Friendly	2 pickles	0	0	0
Pistachios No Shells Roasted & Salted (V)	Wonderful	20 pistachio	0	0	1
Pita Cracker Himalayan Crackers (V)	Simple Mills	13 crackers	0.5	2	0.5
Real Jerky Co. Pepperoni Stick	Chefs Cut	1 stick	1	0	0
Rosemary Turkey Stick	Country Archer	1 stick	1	0	0
Spinach Artichoke And Parmesan Dip	La Terra Fina	2 tbsp	0.5	0.5	0.5
Taqueria Avocado Salsa (V)	Casa Sanchez	¼ cup	0	0	0
Tortilla Chips Nacho	Hilo Life	1 oz	1	0.5	1
Tortilla Chips Ranch	Hilo Life	1 oz	1	0.5	1
Traditional Hummus (V)	O Organics	1 tbsp	0	0	0
Tzatziki	Haigs	2 tbsp	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Tzatziki Greek Yogurt Dip	Boars Head	2 tbsp	0	0	0
Zero Sugar Beef Jerky	Tillamook Country Smoker	1 oz	1.5	0	0
Zero Sugar Chophouse Bites	Tillamook	1 oz	1	0	0
Zero Sugar Original Smoked Sausage	Tillamook	3 Sticks	1	0	0

See other sections for foods that may be utilized as snacks!

## DESSERTS/ SWEETENERS

Cookie Wafers Vanilla	High Key	12 cookies	0	2	0
Creamy Milk Chocolate Bar	Lily's	1 oz	0	2	1
Dark Chocolate Peanut Butter Cups (V)	Lily's	2 cups	0	2	2
Ice Cream Bar Peanut Butter Chip	Enlightened	1 bar	0	2	2
Keto Ice Cream Dark Chocolate Peanut	Enlightened	1 bar	0	2	2
Mint Choc Chip Ice Cream	Nick's	⅓ cup	0	2	0
Monk Fruit Classic Sweetener (V)	Lakanto	2 tsp	0	1	0
Organic Unsweetened Chocolate Baking Bar (V)	O Organics	1 square	0	0	1
Salta Karmell Ice Cream Swirl	Nick's	1 bar	0	2	0
Stevia Extract (V)	Signature Select	Free	0	0	0
Strawbar Swirl Ice Cream Bar	Nick's	1 bar	0	2	0
Swedish Choklad Swirl Ice Cream Stick Bar	Nick's	1 bar	0	2	0
Swedish Vanilla Ice Cream	Nick's	⅓ cup	0	2	0

## CONDIMENTS

Caesar Dressing (V)	Plant Perfect	2 tbsp	0	0	1.4
Caesar with Avocado Oil	Primal Kitchen	2 tbsp	0	0	1.5
Chipotle Ranch (V)	Plant Perfect	2 tbsp	0	0	1.5
Chunky Blue Cheese Dressing	Marie's	2 tbsp	0	0	1.5
Dip Chunky Blue Cheese Dressing	Litehouse	2 tbsp	0	0	1.5
Dijon Originale Mustard (V)	Maille Dijon	Free	0	0	0
Good Ketchup Spicy (V)	Good Food	1 tbsp	0	0.5	0
Ketchup 50% Less Sodium 50% Less Sugar (V)	Signature SELECT	1 tbsp	0	0.5	0
Marinade Balsamic	Litehouse	1 tbsp	0	0.5	0.5
Organic Ketchup Unsweetened (V)	Primal Kitchen	1 tbsp	0	0.5	0
Ranch Homestyle Dressing	Litehouse	1 tbsp	0	0.5	1.5
Reduced Sodium Soy Sauce (V)	Afc	Free	0	0	0
Tomato Ketchup with No Sugar Added (V)	Heinz	1 tbsp	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Vegan Ranch (V)	Plant Perfect	1 tbsp	0	0.5	1.5
<b>BEVERAGES</b>					
Black Razzberry (V)	LaCroix	1 can	0	0	0
Broth Beef Fat Free	Signature SELECT	1 cup	0	0	0
Chocolate Plant Based Protein Powder (V)	Open Nature	1 scoop	2	0.5	0
Coconut Milk Organic Unsweetened Vanilla (V)	So Delicious	1 cup	0	0	0
Coffee Keto Canester (any flavor)	Rapid Fire	2 tbsp	0	0	1
Coffee Keto Pod (any flavor)	Rapid Fire	1 pod	0	0.5	1
Collagen Peptide Powder	Open Nature	1 scoop	2	0	0
French Vanilla Almond Milk Coffee Creamer (V)	Califia Farms	1 tbsp	0	0.5	0
Good Bone Broth Chicken	Zoup Good Really	1 cup	0	0	0
Keto Friendly Dairy Drink Coconut	Ratio food	1 bottle	1	0.5	1
Keto Friendly Mixed Berry Dairy Drink	Ratio food	1 bottle	1	0.5	1
Lemon Sparkling Water (V)	Spindrift	1 can	0	0	0
Lime Sparkling Water(V)	LaCroix	1 can	0	0	0
No Antibiotics Added Chicken Broth	Roli Roti	1 cup	0	0	0
Organic Beef Broth	Roli Roti	1 cup	0	0	0
Organic Bone Broth Chicken	Pacific	1 cup	0	0	0
Organic Broth Bone Chicken	O Organics	1 cup	0	0	0
Organic Broth Vegetable Low Sodium	Pacific Foods	1 cup	0	0	0
Organic Energy Shot with Coffee Fruit And Reishi (V)	Suja	1 bottle	0	0	0
Organic Ginger Love Cold Pressed Juice (V)	Suja	1 bottle	0	0	0
Organic Hemp Protein Powder (V)	Nutiva	4 tbsp	1.5	0	0.5
Organic Immunity Defense w/ Turmeric Probiotics (V)	Suja	1 bottle	0	0.5	0
Organic Lemon Love Cold Pressed Juice (V)	Suja	1 bottle	0	0	0
Organic Protein Plant Based Powder Vanilla (V)	Orgain	2 tbsp	2	1.5	0.5
Organic Unsweetened Almond Milk Protein (V)	Orgain	1 cup	1	5	0.5
Organic Unsweetened Almond milk Vanilla	Pacific	1 cup	0	0	0
Organic Unsweetened Soy Milk (V)	Silk	1 cup	0	0	0
Organic Vitamin D/ Zinc Shot w/ Reishi, Probiotics (V)	Suja	1 bottle	0	0	0
Organic Whole Grass-fed Milk	Horizon	1 cup	0	0	0
Organic Whole Lactose Free Milk	Horizon	1 cup	0	0	0
Organics Almond milk Original (V)	O Organics	1 cup	0	0	0

<b>Product</b>	<b>Brand</b>	<b>Serving</b>	<b>PRO</b>	<b>CARB</b>	<b>FAT</b>
Organics Coconut milk Original (V)	O Organics	1 cup	0	0	0
Organics Organic Milk Grass Fed Vitamin D	O Organics	1 cup	0	0	0
Plant Based Protein Powder Vanilla (V)	Open Nature	1 scoop	2	1	0
Plant-Based Unsweetened MILK (V)	Ripple	1 cup	0	0	0
Raspberry Lime Sparking Water (V)	Spindrift	1 can	0	0	0
Sugar Free French Vanilla Creamer (V)	Lucerne	1tbsp	0	0	0
Unsweetened Almond & Coconut Creamer (V)	Nutpods	1tbsp	0	0	0
Unsweetened Almond & Coconut Vanilla Creamer (V)	Nutpods	1tbsp	0	0	0
Water Beverage Mix With Electrolytes Berry (V)	Propel	1 pack	0	0	0
Zero Calorie Soda (any flavor) (V)	Zevia	1 can	0	0	0

This list highlights JumpstartMD-compatible food options available at Safeway but is not exhaustive. Feel free to explore additional program aligned choices, and consult Rumi, your JumpstartMD Clinician, or your Health Coach for further guidance.