



Protein

- Chicken Breast
- 93/7 Ground Beef
- 99% Ground Turkey
- Salmon
- Sirloin Steak
- Lean Pork Roast
- Chicken Sausage (Low fat)
- Turkey Meatballs
- Cottage Cheese (Low fat)
- Egg / Egg Whites
- Fairlife Fat Free Milk
- Two Good Yogurt
- _____

Carbohydrates

- Whole Oats
- Brown Rice
- Sweet Potato/Yam
- Quinoa
- Flour Tortilla, Fajita-size
- White Corn Tortilla
- Whole Wheat Bread
- Shredded Hash Browns
- Black Beans
- Whole Grain Pasta
- Cheerios
- Triscuits
- _____

Veggies

- Broccoli
- Asparagus
- Spinach
- Kale
- Peppers
- Green Beans
- Cabbage
- Avocado
- Onion
- Zucchini
- Cucumber
- Riced Cauliflower
- _____

Fruits

- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Cherries
- Apples
- Pears
- Bananas
- Oranges
- Grapefruit
- Kiwi
- Grapes
- Plums
- Peaches

Fats

- Almonds
- Pistachios
- Walnuts
- Cashews
- Chia Seed
- Flax Seed
- Olive Oil
- Coconut Oil
- Grapeseed Oil
- Avocado
- Salmon
- Tuna
- Olives
- Almond Butter

Condiments

- G-Hughes Sauces
- Walden Farms Sauces
- Spaghetti Sauces:
 - Simply Ragu
 - Prego No Sugar Added
- No Sugar Added Heinz Ketchup
- Kraft Light Miracle Whip
- Bolthouse Farms Ranch
- Cookies Buffalo Sauce
- Salt-Free Seasonings
 - Dash
 - Dan-O's
 - Cavender's
- Newman's Own Salsa

Sweet Treats

- Fiber One Baked Bars _____
- Sugar Free Jell-O Pudding _____

Shopping Tips:

1. Plan ahead & have a list
2. Eat before you shop
3. Condiments: Low fat & sugar
4. Steamfresh frozen veggies
5. Low sodium canned foods
6. Don't go down the aisles
7. Get produce first
8. Read nutrition labels