

Grocery List

Breakfast

Best

Oatmeal
Eggwhites
Whole Grain cereal <5 grains sugar
Fresh Fruit
Low fat Cottage Cheese
Low Fat, Low sugar yogurt

Better

Shredded Wheat
Turkey Bacon
Eggs **** No peanuts or pbutter if peanut allergy.*
Frozen Fruit
Bananas

Good

Wheat Toast
Whole Grain Oat Cereal
Egg Muffin
Bran Muffin
Canned Fruit
Small Fruit Juice not Fruit Drink

Dinner

Best

Salmon
Sweet Potato
Beans/ Lentils
Brown Rice
Fresh Veggies
Brown Rice
Cod/Tuna

Better

Grilled Chicken Breast
Veggie Chili
Frozen Veggies
Grilled Shrimp
Whole Wheat Pasta

Good

Veggie Pizza
Ham/Pork
Lean Beef
Potatoes
Canned Veggi

Lunch

Best

Skim Milk
Fresh fruit
Veggie Soup
Beans
Chicken salad
Tuna Sandwich with Yogu
Walnuts/Almonds

Better

Lowfat Milk
Peanuts/Cashews
Peanut Butter Natural
Fruit Cup
Whole Wheat Pasta
Low Fat, Low sugar yogurt
Turkey sandwich

Good

Plain Popcorn
Low sugar granola bars
Veggie Pizza
Ham/Lean Beef Sandwich
Raisins Dried Fruit

***This includes most common foods. Other foods that are healthy may be added.*