

Basic Shopping List

Grains

- Whole-wheat bread/bagels/tortillas/English Muffins
- Instant Oatmeal
- Whole-grain crackers (Kashi, Triscuits)

Cereal

- Any cereal by Kashi (GoLean, *Crunch!*, Heart to Heart, etc.)
- All Bran
- Total
- Honey Bunches of Oats
- Special K Protein Plus
- Cheerios
- Honey Nut Cheerios
- Rice Krispies
- Grape Nuts
- Shredded Wheat & Bran
- Kix
- Frosted Mini Wheats
- FiberOne

Protein

- Peanut butter
- Almond butter (healthier alternative to peanut butter)
- Canned tuna/chicken/salmon
- Hummus

Dairy

- Milk (skim or 1%)
- Yogurt
- Greek Yogurt
- String cheese
- Cottage cheese

Fruit

- Portable fruits (apples, bananas, oranges, etc.)
- Dole fruit cups
- Dried fruit: Raisins, apricots, dates
- Jelly/jam

Vegetables

- Baby carrots
- Bags of mixed vegetables (broccoli, cauliflower, snap peas)
- Frozen veggies (*Steamers*)

Snacks

- Trail Mix
- Sunflower Seeds (without any flavoring)
- Nuts: almonds, walnuts, pistachios, cashews, pecans
- Sweet Potato chips
- Corn chips & salsa
- Pretzels
- Graham crackers
- Low-fat popcorn (Smart Pop! is a good choice)

Bars

- Clif bars
- Mojo bars
- Kashi TLC bars
- Larabars
- FiberOne bars
- Odwalla bars
- Kind Bars

Miscellaneous

- Salad dressing (for dipping raw veggies): balsamic vinaigrette, Italian, French, oil & vinegar