



Shopping List Ideas

Carbohydrate

Whole grain or whole wheat bread, bagels, pita or wraps
Frozen, dried or fresh fruit
Granola bars
Oatmeal
Vegetables - fresh or frozen
Crackers (whole wheat or whole grain)
Sport drink
Graham crackers
Pretzels
Tortilla chips (corn or multi-grain)
Popcorn
Brown rice, quinoa, or other whole grain products
Whole grain cereals (Kashi brand, shredded wheats, Cheerios, oatmeal)
Whole grain pasta
Whole grain pizza crust
Whole grain or multi grain pancake or waffles (or mix)
Spaghetti sauce
Granola
Jelly
Salsa
Fruit juice
**Trail mix (mix may also include sources of fats and proteins, depending on ingredients)

Proteins

Eggs
Low-fat yogurt
Milk
Low-fat cottage cheese
Low-fat cheeses (stick, slices, shredded)
Lean beef
Turkey breast
Chicken breast
Tuna fish, salmon (*also good source of "healthy" fats)
Beef or turkey stick (jerky)
Beans (canned, dried)
Protein based pasta (black bean, chickpea)
Veggie burger (look at nutrition fact panel; not all burgers are a good source of protein)

Fats

Natural peanut, almond, or cashew butter
Nuts
Seeds
Avocado or guacamole
Fish
Ground flaxseed
Mayonnaise (Prepared with olive or avocado oil)