



Grocery List for: Quick, Healthy, On-The-Go Meals and Snacks

Grains/Cereals/Breads/Starches (Look for 3grams or more of dietary fiber per serving)	Flake Cereal (Total, Wheaties, Special K, etc.) Whole Grain Bagels, Bread, Buns (store in fridge) Oatmeal, instant or long-cooked English Muffins, sourdough Whole Wheat Tortillas & Pita Pockets Organic Corn Chips 12-Grain Bread	Rice (brown and wild) Whole Grain Pasta, Quinoa Rye Bread Potatoes, variety (red or white) Fiber Select Wheat Thins Triscuit Graham Crackers
Meat/Meat Alternatives/Protein	Turkey Bacon Extra Lean Burger (>95% lean, drain when cooked) Sirloin Tips Pork Tenderloin Eggs Deli Sliced Turkey and Ham (oven-roasted)	Skinless, Boneless Chicken Breast Beans, variety (black, pinto, kidney, garbanzo) Tuna, packed in pouch or can (water) Vegetarian Chili (bean based) Lean Cuisine Frozen Meals, variety Hummus
Fruits	Berries, frozen or fresh, variety Strawberries, frozen or fresh Oranges, fresh Raisins, dried cranberries Pineapple, packed in water Mandarin Oranges, fresh or packed in water	Bananas Peaches, packed in water or fresh Pears, packed in water or fresh Apples & Applesauce (Natural/No sugar added) Grapes (red or green) 100% Fruit Juice & Vegetable juice- like V-8
Vegetables, fresh or frozen	Lettuce & Greens, variety Tomatoes Snow Peas Onions/Peppers Seasonal Vegetables Mixed Veggies & Stir-Fry Mix	Broccoli/Cauliflower/Cabbage Green Beans Carrots Celery/Cucumbers Tomato Sauce (no sugar added) Salsa, variety (no sugar added)
Dairy/Milk Alternatives	Skim or 1% Milk Almond Milk Plain or Vanilla Low Fat Yogurt Low Fat Cheddar Cheese Low Fat Sour Cream	Shredded Parmesan Cottage Cheese, Low Fat Part-Skim Mozzarella (+ string cheese) Swiss Cheese (1 ounce servings) Low Fat Vanilla Ice Cream
Fats/Oils	Pistachios Sunflower Seeds Peanut Butter Walnuts Almonds	Nutella Spread Avocado Olive Oil & Olives (packed in water) Reduced Fat Mayo or Miracle Whip Dressing Vinaigrette Dressing (ex. Raspberry)
Other	Unsweetened Tea (black) Chai Tea Coffee/Decaf	Herbal Tea Mustard Pickles Chocolate Bar

- \$ SAVING IDEAS: Buy generic brands, use beans/legumes, tofu, and lentil-based soup for protein options, buy bulk meats when prices indicate a "sale" then freeze, use frozen produce when on sale & if fresh is cost prohibitive.
- Try to base your meals & snacks on simple, fresh, easy to assemble foods.