

Produce

(Fresh, Frozen, or Canned)

- Apples
- Bananas
- Oranges
- Frozen fruit (berries, mango, pineapple)
- Canned fruit in 100% juice
- Leafy greens (spinach, kale, romaine)
- Broccoli
- Bell peppers
- Carrots | baby carrots
- Celery
- Tomatoes
- Onions
- Garlic
- Potatoes | sweet potatoes
- Frozen vegetables (mixed, peas, corn, green beans)
- Canned vegetables (low-sodium)

Plant-Based Proteins

- Tofu | tempeh
- Lentils (dried or canned)
- Canned beans (black beans, chickpeas, kidney beans)
- Mixed nuts (unsalted)
- Roasted chickpeas
- Nut butters: peanut butter | almond butter | sunflower seed butter
- Greek-style plant-based yogurt (for protein-rich dairy alternative)

Whole Grains & Bread

- Whole Grains & Bread
- Whole-grain bread | tortillas
- Whole-grain pasta
- Brown rice
- Quinoa
- Oats | oatmeal
- Rice cakes
- Whole-grain crackers

Healthy Fats

- Avocados
- Olive oil
- Flaxseeds or chia seeds
- Hemp seeds
- Walnuts
- Tahini
- Avocado oil

Snacks & Convenience Items

- Popcorn kernels
- Whole-grain crackers
- Fruit cups (in 100% juice)
- Hummus
- Celery sticks
- Nut butter packets (almond, peanut, or sunflower)
Greek yogurt cups or tubes
(plant-based)
- Mixed nuts or trail mix (unsalted)
- Rice cakes
- Cottage cheese cups (vegan alternatives)
- Dried fruit (unsweetened)
- String cheese or cheese slices
(vegan alternatives if desired)