



Grocery Aisles:

- Canned vegetables - tomatoes, corn, peas, carrots, green beans, beets (lower sodium and sodium free options are available)
- Canned beans such as black, cannellini, garbanzo, great northern, and pinto
- Canned fruit packed in water or 100% juice - pears, pineapple, peaches, mandarin oranges
- Dried fruit - raisins, cherries, apricots
- Nuts and seeds
peanuts, walnuts, pecans, almonds, sunflower seeds

- Whole grain crackers
- Whole grain pasta
- A variety of Knorr® Rice Sides™ for easy meals
- Flavored whole grain mixes
such as couscous and quinoa
- Instant brown rice
- Whole grain hot and cold cereals
- Reduced sodium canned or boxed broth and recipe-ready soups
- Jarred salsa and pasta sauce

- Canned or pouch packed meats like tuna, salmon or chicken
- Marinades and sauces like teriyaki, lemon pepper, garlic & herb, mesquite, and barbecue
- Herbs and spices
- Balsamic vinegars
- Hellmann's® Mayonnaise
- Canola and olive oil
- _____
- _____

Fresh Produce:

- Apples
- Bananas
- Oranges
- Berries
- Peaches
- Grapes
- Potatoes
- Onions
- Peppers
- Carrots
- Broccoli
- Celery
- Cucumbers
- Tomatoes
- Packaged salads
- Chopped garlic
- Fresh herbs
- _____
- _____
- _____

Fresh Meat, Poultry and Seafood:

- Lean beef
- Ground beef
- Steaks
- Roasts
- Boneless chicken breasts
- Chicken parts and tenders
- Ground turkey
- Pork chops
- Pork tenderloin
- Pork roast
- Salmon filets
- Tilapia filets
- _____
- _____
- _____
- _____

Freezer:

- Frozen vegetables and fruit
- Frozen potatoes
- Meatless burgers
- Boneless, skinless chicken breasts
- Chicken tenders
- Fish fillets
- Shrimp
- Better-for-you frozen entrees
(simple ingredient lists, whole grains, vegetables)
- Frozen pasta (tortellini or ravioli)
- Whole grain waffles or pancakes
- Vegetable or cheese pizzas
can add your own toppings
- _____
- _____
- _____
- _____
- _____

Dairy:

- Milk
- Yogurt
- Cheese - shredded, parmesan, slices, cottage
- I Can't Believe It's Not Butter®
- _____
- _____
- _____
- _____
- _____