

# Grocery Run for Busy People

Look for these dietitian-approved, ready-to-use foods at your local grocery store.

## FREEZER

Healthy Choice Simply Steamers & Power Bowls

Stouffer's Fit Kitchen Protein Bowls

Bird's Eye Power Blends

Smucker's Whole Wheat Uncrustables

Grilled chicken breasts

Cooked and peeled shrimp

Rice or riced cauliflower

Steam-in-bag frozen vegetables

Fruit and fruit smoothie blends

## FUN SNACKS

RxBar

Larabar

SkinnyPop

Skinny Dipped Almonds

Bare Fruit Chips

Roasted chickpeas or edamame

Meat jerky

## FRIDGE

Greek yogurt

Cottage cheese

Cheese (sticks, cubes, slices, shredded, feta)

Hard-cooked peeled eggs

Aidell's Fully Cooked Chicken Sausage

Rotisserie chicken

Grilled chicken strips

Deli turkey, chicken, ham, roast beef

Salad and stir-fry kits

Hummus

Guacamole

## PRODUCE

Fruit, such as apples, bananas, oranges, grapes

Vegetables such as mini peppers, baby carrots, bagged lettuce, grape tomatoes, snap peas

## SHELF-STABLE

Microwavable brown rice or quinoa

Barilla Ready Pasta

Whole grain bread, tortilla, sandwich thin

Plain instant oats

Whole grain, low sugar cereals

Whole grain crackers

Shelf-stable chicken, tuna, salmon

Nut butter

Canned beans

Canned vegetables

Canned fruit or fruit cups in 100% juice

Unsweetened applesauce

Unsweetened dried or freeze-dried fruit

Vinaigrette salad dressing

Marinara sauce

Salsa

Pesto

Soy sauce

Parmesan cheese

Olive oil or light mayo

Here are some ideas for how to use foods from the shopping list to create quick and easy meals and snacks.

## BREAKFAST AND SNACKS

banana or apple or whole grain toast with nut butter  
Greek yogurt or cottage cheese with fruit  
instant oats with fruit and/or nuts  
whole tortilla roll-up with nut butter & banana or apple slices  
trail mix with popcorn + nuts + dried or freeze dried fruit  
hummus or guacamole with raw vegetables or whole grain crackers

## LUNCHES

microwave quinoa or frozen riced cauliflower + canned pinto beans + salsa + shredded cheddar  
microwave brown rice + frozen Asian vegetables + cooked chicken strips + soy sauce  
microwave brown rice + canned chickpeas + canned diced tomatoes + feta + Italian dressing  
whole grain bread or tortilla + deli meat or grilled chicken strips + hummus or guacamole  
whole grain crackers or bread + tuna, salmon, chicken or hard-cooked eggs mixed with mayo  
Barilla Ready Pasta + marinara + chicken sausage + frozen Italian style vegetables  
Barilla Ready Pasta + pesto + thawed frozen shrimp + canned diced tomatoes  
bagged lettuce tossed with grilled chicken strips and ranch dressing (can eat as is, or roll up in a whole wheat tortilla)