**Produce, Dips, Dressings**

* All veggies & fresh fruits
* Pre-cut veggies for snacking /quick meals
* Spiralized vegetables (zucchini, beets, etc)
* Riced cauliflower or broccoli
* Salad kits (Fresh Express)
* Hummus (Cedar’s has many flavors)
* Bolthouse Farms salad dressing
* Chobani Yogurt Dips

**Dairy**

* Plain 2% or Whole Greek yogurt (Siggi’s, Fage, Chobani)
* Plain Kefir
* Cottage Cheese
* Babybel soft cheese wedges and pre-portioned cheeses
* Cheese sticks
* Sargento Balanced Breaks or Ultra Thin Slices
* Cabot cheese (naturally lactose free)

**Grains or Grain Substitutes**

* When Pigs Fly Low-Carb Whole Wheat Bread
* Flat Out whole wheat wraps
* Arnold’s Whole Wheat Sandwich Thins
* Ezekial Bread
* Steel-cut oats
* Paleonola (low carb granola)
* White, red, or black Quinoa
* Bean pasta (Explore Cuisine, Trader Joe’s)
* Beanitos Chips
* Frozen Cauliflower Rice (Green Giant, Trader’s Joe’s)
* Lundberg Farms Whole Grain rice cakes
* Tofu Shirataki noodles

**Beverages**

* GT’s Kombucha
* Seltzer Water
* Chamomile or mint tea
* Unsweetened Almond Milk
* Ripple Pea Protein Drink

**Meat, Fish, Poultry, & Other Protein**

* Poultry: Chicken or turkey breast, ground chicken or turkey
* Beef: Sirloin, flank, round are leanest, 90% or greater lean ground beef
* Pork: Tenderloin, top loin, center loin, sirloin
* Fish: Wild salmon, tuna, shellfish, tilapia
* Pre-cooked Rotisserie chicken
* Perdue Perfect Portions
* Perdue Short Cuts
* Canned tuna or salmon
* Boar’s Head low-sodium deli meat
* Morning Star Veggie burgers
* Morning Star meatless crumbles
* Tofu (firm or extra firm is best for cooking)
* Canned or dry beans of any variety
* Hard-Boiled eggs (Eggland’s Best sells pre-cooked!)
* Biena chickpea snacks
* Frozen Edamame

**Nuts, Nut butters, Seeds and Oils**

* Coconut Oil
* Avocado Oil (for cooking at high temperatures)
* Olive Oil
* Chia seeds
* Flax Seed meal
* Teddie Peanut Butter or other natural peanut butter (only peanuts and salt)
* Natural Almond Butter
* Nuts without added sugar or flavoring- walnuts, pistachios, almonds, peanuts, pecans, etc.
* Blue Diamond 100 calorie pack almonds
* Individually packaged trail mix (Trader Joe’s)
* Kind Bars (15g net carb or less