**ORGANIC PRODUCE**
- red peppers
- red onions
- garlic
- ginger
- zucchini
- baby spinach
- tomatoes
- baby carrots
- asparagus
- broccoli
- kale
- fuji apples
- bananas
- oranges
- pears
- blueberries
- strawberries
- basil
- rosemary
- cilantro

**Summertime Produce**
- apricots
- peaches
- plums
- cherries

**GRAINS**
- whole wheat pizza dough
- sprouted wheat tortillas
- sprouted grain bread
- whole wheat pita bread
- whole wheat pasta
- quinoa
- brown rice

**Cereals**
- 12 Trader Joe’s Grain Mini-Snack Crackers
- Original Puffins Cereal
- Kashi Heart to Heart Honey Oat Cereal
- organic rolled oats

* Cereals with five grams or more fiber, 150 calories or less, & six grams or less sugar per serving is good!

**DAIRY**
- 0-2% organic plain greek yogurt
- 1-2% organic milk
- unsweetened almond milk
- unsweetened vanilla soy milk (*Westsoy is her favorite!*)
- shredded mexican cheese blend
- shredded parmesan cheese
- free range, organic eggs

**CANNED GOODS & PROTEINS**
*Always pick low-sodium goods whenever possible*
- refried black beans
- whole black beans
- whole kidney beans
- Cannellini beans
- garbanzo beans
- soups
- TOFU (organic sprouted, extra firm)
- Trader Joe’s Baked Tofu

*Great for a low calorie lunch or dinner! Any variety with at least 4 g fiber & 4 g protein per serving and less than 150 calories is good!*

**NUT BUTTERS/JAMS**
- all-natural almond butter
- sunflower seed butter
- organic peanut butter
- wild blueberry preserves
  *all-natural, low in sugar

**FROZEN PRODUCE**
- organic corn
- vegetable medley (*Great for stir fries, pastas, indian “sabjis”*)
- organic spinach
- organic berries
- minced garlic

**OTHER**

Sauces
- guacamole (*the all-natural, no weird ingredients kind*)
- salsa (*all-natural, no preservatives, no sugar*)
- pizza sauce (*She likes Trader Joe’s sauce!*)
- spaghetti sauce (*She likes Muir Glen’s Organic Garden Vegetable*)
- organic all-natural ketchup
- extra virgin olive oil & olive oil spray

Dry Spices
- cumin
- black mustard seeds
- turmeric
- coriander
- cayenne pepper
- salt
- pepper
- oregano
- crushed red pepper
- garlic powder

Snacks/Sweets
- 70% Cacao dark chocolate
- 70% Cacao dark chocolate covered almonds
- odwalla dark chocolate walnut fiber bars
- core foods bars
- lara bars
- kind bars
- kettle baked potato BBQ chips
- blue corn tortilla chips (all natural)
- organic apple juice
- sparkling water
- orange juice