



picky eaterblog.com

ORGANIC PRODUCE

- red peppers
- red onions
- garlic
- ginger
- zucchini
- baby spinach
- tomatoes
- baby carrots
- asparagus
- broccoli
- kale
- fuji apples
- bananas
- oranges
- pears
- blueberries
- strawberries
- Fresh herbs (as needed)
 - 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

Proteins

- 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