

Protein

- Eggs
 - Hardboiled
- Greek Yogurt
- Chicken
 - Frozen strips
 - Frozen patties
 - Rotisserie
 - Ground, Thighs, Breasts
- Fish
 - Canned
- Beef
 - Ground, steaks
- Pork
 - Chops
 - Loin
 - Sausages
- Tofu

Grains

- Oatmeal
- Rice
 - Microwave packs
- Beans
- Quinoa
- Noodles/pasta
- Cous cous
- Tortillas
- Naan
- Whole grain bread

Vegetables

- Potatoes
 - White, red, sweet
- Fresh, whole
- Fresh, pre-chopped
- Canned
 - Low sodium
- Frozen blends
- Salad kits

Snacks

- Fruit
 - Whole, cups, frozen
- Nuts/Trail mix
- Pretzels
- Popcorn
- Single serving chips
- Granola bars
- Dark chocolate
- Hummus
- Guacamole
- Cheese

