

99 Diet Foods

Grocery List

Breakfast

Amy's Breakfast Scramble Wrap
BetterOats Oat Revolution Thick & Hearty Old-Fashioned Instant Oatmeal (Apples & Cinnamon variety)
Cream of Wheat Instant Healthy Grain
Jennie-O Breakfast Sausage Links
Kashi Blueberry Waffles
Uncured Turkey Bacon
Van's Natural Foods Whole Grain Pancakes
VitaBuns English Muffins

Lunch & Dinner

Amy's California Veggie Burger
Amy's Light & Lean Spinach Lasagna
Amy's Light in Sodium Bean & Rice Burrito
Amy's Roasted Vegetable Pizza
Annie Chun's Chicken & Cilantro Mini Wontons
Annie Chun's Teriyaki Noodle Bowl
Applegate The Great Uncured Hot Dog
Cedarlane Eggplant Parmesan
Dr Praeger's Buffalo Chickenless Patties
Evol Foods Teriyaki Chicken Bowl
Healthy Choice Lemon Herb Chicken
Healthy Choice Portabella Spinach Parmesan
Helen's Kitchen Bay Island Plantain
Helen's Kitchen Pasta Primavera
Kashi Chicken Florentine
Kashi Thin Crust Basil Pesto Pizza
Organic Bistro Chicken Parmesan Bake
Organic Bistro Wild Alaskan Salmon Bake
SeaPak Shrimp Co. Salmon Burger
Sukhi's Tandoori Chicken Sandwich
Rico M Panada Spinach & Tofu

Cereal, Grains & Pasta

100% Whole Wheat Bagel Thins
100% Whole Wheat Pita Pocket Bread
Annie Chun's Pad Thai Brown Rice Noodles
Arnold Grains & More 100% Whole Wheat Triple Health Bread
Back to Nature Multigrain Flax Seeded Flatbread
Barilla Plus Penne
DeBoles Artichoke Flour Pasta
Dr Praeger's Sweet Potato Littles
General Mills Cheerios Cereal
Kashi 7 Whole Grain Cereal Flakes
Kashi 7 Whole Grain Cereal Puffs
Microwaveable Brown Rice
Nature's Plus Flax Plus Flakes Cereal
Post Grape Nuts Cereal
Quinoa
Shirataki Noodle

Snacks

Ak Mak Crackers
Chiquita Pineapple Bites
Eden Organic Brown Rice Chips
Food Should Taste Good All-Natural Olive Chips
Greek Yogurt
Laughing Cow Light Creamy Swiss Cheese
Orville Redenbacher's Smart Pop! (94% Fat Free) Mini Bags
Snyder's of Hanover Organic Whole Wheat & Oat Pretzel Sticks
Stacy's Simple Naked Pita Chips
Tostitos Blue Corn Tortilla Chips
Wasa Whole Grain Crackers

Drink

Almond Milk (unsweetened)
Coffee
Green Tea
Sparkling Water or Seltzer
Uncle Matt's Organic Grapefruit Juice
Unsweetened Iced Tea
V-8 Low Sodium Vegetable Juice

Side Items

Amy's Organic Light Sodium Split Pea Soup
Broccoli Slaw
Dr McDougall's Light Sodium Tomato Basil Pasta Soup
Fire Roasted No Salt Added Diced Tomatoes
Healthy Valley Soup 40% Less Sodium 5 Bean Vegetable
Healthy Valley Soup Fat-Free Garden Split Pea with Carrots
Healthy Valley Soup Vegetable Barley with Less Sodium
Pacific Organic Creamy Butternut Squash Soup Light Sodium
Salad Greens
Steam-in-Bag Frozen Vegetables (without sauce)
Tiger Tiger Thai Onion Soup

Side Items

Arctic Zero 150 Calorie Pints (ice cream)
Almond Dream Lil' Dreamers Vanilla Frozen Sandwich
Back to Nature Cookies (flavors include Peanut Butter Creme, Chocolate Chunk and Cranberry-Pecan Granola)
Barbara's Bakery Snackimals (including the following flavors: chocolate chip, chocolate and snickerdoodle)
Breyer's Pure Fruit Bars & Berry Swirls
Diana's Bananas Banana Babies Dark Chocolate Frozen Dessert
Healthy Valley Amaranth Graham Crackers
Lucy's Gluten-Free Ginger Snaps
Mi-Dei All Natural Maple Munchies Cookies
So Delicious Chocolate Minis Sandwiches
So Delicious Purely Decadent Cherry Amaretto (ice cream)
Soy Dream Vanilla Lil' Dreamers Frozen Sandwich
Vitalicious Deep & Velvety Chocolate VitaBrownies

Condiments

Annie's Horseradish Mustard
Annie's Organic Buttermilk Dressing
Extra Virgin Olive Oil
Hot Sauce
Hummus
Malt/Red/White Vinegar
Newman's Own Balsamic Vinaigrette
Ready-Pac Pico de Gallo
Spectrum Golden Balsamic Vinaigrette
Wholly Guacamole

