

1,800 Calorie Diet Plan for Fat Loss

Designed for 3 meals and 2 snacks. 25% protein to spare protein losses during fat loss. Smallest meal is dinner since least active at night.

This Exercise.com professional diet plan was created by a certified personal trainer and registered dietitian (M.S. Nutrition).

Breakfast - aim for 500 cal & 30 g protein

Breakfast Option #1	Calories	Carbs	Fats	Protein
Oatmeal topped with Bananas & Pecans				
1 cup oatmeal, cooked	150.0	25.0	2.0	6.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1 medium banana	105.0	27.0	1.0	2.0
1 TB pecans, chopped	100.0	2.0	10.0	0.5
3 egg whites, boiled	50.0	0.5	0.5	11.0
Total	505.0	66.5 g	16.5 g	27.5 g

Breakfast Option #2	Calories	Carbs	Fats	Protein
Breakfast Sandwich				
100% whole wheat English Muffin	120.0	23.0	1.0	5.0
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1 oz. slice low-fat Swiss cheese	45.0	2.0	3.0	16.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
1 banana	105.0	27.0	0.0	1.0
Total	455.0	52.0 g	20.0 g	34.0 g

Breakfast Option #3	Calories	Carbs	Fats	Protein
Cereal & Milk				
1 1/2 cup Quaker Brown Sugar Oatmeal Squares	315.0	66.0	4.0	9.0
1 1/2 cup 1% milk	160.0	18.0	4.0	13.0
Total	475.0	84.0 g	8.0 g	22.0 g

Breakfast Option #4	Calories	Carbs	Fats	Protein
Quinoa Bowl				
1/3 cup uncooked quinoa	160.0	30.0	3.0	6.0
3 TB flaxseed, ground	100.0	6.5	7.5	5.0
2 tsp brown sugar	23.0	6.0	0.0	0.0
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	16.0
2 egg whites, boiled	50.0	1.0	0.0	11.0
Total	483.0	63.5 g	10.5 g	38.0 g

Breakfast Option #5	Calories	Carbs	Fats	Protein
Garden Scramble				
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
1/2 cup spinach	5.0	0.5	0.0	0.5
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1 cup whole strawberries	50.0	11.0	0.5	1.0
1 slice whole wheat toast	60.0	11.0	1.0	4.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	455.0	32.5 g	23.5 g	33.0 g

Breakfast Option #6	Calories	Carbs	Fats	Protein
Peanut Butter & Banana Sandwich				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
2 slices whole wheat bread	120.0	22.0	2.0	8.0
1/2 banana sliced on sandwich	50.0	13.0	0.0	0.0
1 cup 1% milk	100.0	12.0	3.0	8.0
Total	470.0	53.0 g	21.0 g	23.0 g

Breakfast Option #7	Calories	Carbs	Fats	Protein
Salmon, Tomato & Avocado Breakfast Sandwich				
100% whole wheat english muffin	120.0	23.0	1.0	5.0
3 oz. salmon, baked	175.0	0.0	10.5	19.0
1/4 avocado, sliced	80.0	4.5	7.5	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 banana	105.00	27.0	0.0	1.0
Total	490.0	56.0 g	19.0 g	26.5 g

Breakfast Option #8	Calories	Carbs	Fats	Protein
Egg, Black Bean & Avocado Wrap				
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
2 TB salsa	9.0	2.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
Total	506.0	70.0 g	15.5 g	26.0 g

Breakfast Option #9	Calories	Carbs	Fats	Protein
Breakfast Pizza - see recipe				
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup red peppers, chopped	10.0	2.0	0.0	0.5
1 oz. 2% milk shredded mozzarella	70.0	0.5	4.0	8.0
1/2 cup spaghetti sauce	80.0	13.0	3.0	2.0
1 whole wheat pita	170.0	35.0	2.0	6.5
Total	442.0	54.0 g	14.0 g	30.5 g

Breakfast Option #10	Calories	Carbs	Fats	Protein
Chocolate, Peanut Butter & Banana Smoothie				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
1 medium banana	105.0	27.0	1.0	2.0
Chobani Non-Fat Plain Greek Yogurt - 6 Oz.	100.0	7.0	0.0	18.0
1 TB semi-sweet dark chocolate chips	70.0	9.0	4.0	0.5
1/2 cup 1% milk	50.0	6.0	1.5	4.0
Total	525.0	55.0 g	22.5 g	31.5 g

Snack - aim for 200 cal & 13 g protein

Snack Option #1	Calories	Carbs	Fats	Protein
4 oz lowfat cottage cheese	81.0	3.0	1.0	14.0
1 cup diced pineapples	75.0	20.0	0.0	0.0
Total	156.0	23.0 g	1.0 g	14.0 g

Snack Option #2	Calories	Carbs	Fats	Protein
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 cup grapes	62.0	16.0	0.0	1.0
Total	182.0	16.0 g	5.0 g	17.0 g

Snack Option #3	Calories	Carbs	Fats	Protein
1 oz. almonds	165.0	6.0	15.0	6.0
1 medium orange	60.0	15.5	0.0	1.0
Total	225.0	21.5 g	15.0 g	7.0 g

Snack Option #4	Calories	Carbs	Fats	Protein
1/4 cup dried cranberries	100.0	28.0	0.5	0.0
15 almonds	105.0	3.5	9.0	4.0
Total	205.0	31.5 g	9.5 g	4.0 g

Snack Option #5	Calories	Carbs	Fats	Protein
1/4 cup Seapoint Farms Edamame, dry roasted	130.0	10.0	4.0	14.0
1/2 cup pineapple chunks	40.0	11.0	0.0	0.5
Total	170.0	22.0 g	4.0 g	14.5 g

Snack Option #6	Calories	Carbs	Fats	Protein
3 cups Pop Weaver Light Butter Popcorn	105.0	15.0	3.0	3.0
1 light string cheese stick	60.0	0.0	2.5	8.0
Total	165.0	15.0 g	5.5 g	11.0 g

Snack Option #7	Calories	Carbs	Fats	Protein
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.0	16.0
1 cup blueberries	85.0	21.5	0.0	1.0
Total	205.0	34.5 g	0.0 g	17.0 g

Snack Option #8	Calories	Carbs	Fats	Protein
15 Kashi Original 7 Grain Crackers	150.0	19.0	3.5	4.0
1 light string cheese stick	60.0	0.0	2.5	8.0
Total	210.0	19.0 g	6.0 g	12.0 g

Snack Option #9	Calories	Carbs	Fats	Protein
1 cup carrots	50.0	12.0	0.5	1.0
1/2 cup hummus	135.0	12.0	8.0	6.5
Total	185.0	24.0 g	8.5 g	7.5 g

Snack Option #10	Calories	Carbs	Fats	Protein
1 oz. pumpkin seeds	125.0	15.0	5.5	5.5
1/2 cup canned peaches, in juice	55.0	14.5	0.0	1.0
Total	180.0	29.5 g	5.5 g	6.5 g

Lunch - aim for 500 cal & 30 g protein

Lunch Option #1	Calories	Carbs	Fats	Protein
Turkey, Bean & Rice Bowl				
1 cup brown rice	170.0	36.0	1.5	4.0
1/2 cup black beans	110.0	20.0	0.5	7.0
1/2 cup corn	60.0	15.0	1.0	2.0
1/2 cup vegetable broth	10.0	1.5	0.0	0.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
1 TB cilantro	0.0	0.0	0.0	0.0
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
salt, pepper & garlic to taste	0.0	0.0	0.0	0.0
Total	490.0	76.5 g	9.0 g	30.5 g

Lunch Option #2	Calories	Carbs	Fats	Protein
Turkey Sandwich				
whole wheat bagel thins				
OR 2 slices whole wheat bread	110.0	24.0	1.0	6.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
2 oz. low-fat Swiss cheese	100.0	2.0	2.0	16.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 medium orange	60.0	15.5	0.0	1.0
Multigrain Tostito Scoops (11 chips)	140.0	17.0	7.0	2.0
Total	475.0	63.0 g	18.0 g	34.5 g

Lunch Option #3	Calories	Carbs	Fats	Protein
Turkey Spaghetti				
1 cup whole wheat spaghetti	175.0	38.0	1.0	8.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
3/4 cup spaghetti sauce	95.0	14.0	3.0	2.5
1 cup broccoli, steamed	55.0	11.0	0.5	3.5
Total	445.0	63.0 g	10.5 g	31.0 g

Lunch Option #4	Calories	Carbs	Fats	Protein
Chicken Pita				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 oz. sliced baked chicken breast	200.0	0.0	5.0	30.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 tsp. light mayonnaise	50.0	1.0	5.0	0.0
1 medium orange	60.0	15.0	0.0	1.0
Total	500.0	54.5 g	12.5 g	39.0 g

Lunch Option #5	Calories	Carbs	Fats	Protein
Chicken Panini - see recipe				
2 slices low-fat Swiss cheese	100.0	2.0	3.0	16.0
2 oz. low-sodium Black Forest deli ham	70.0	1.0	3.0	10.0
2 oz. low-sodium deli chicken breast	50.0	6.0	2.0	10.0
1 whole wheat sandwich roll / bun	130.0	24.0	2.0	6.0
1/4 cup marinara sauce, heated	45.0	7.0	1.0	1.0
1 cup pineapple chunks	75.0	20.0	0.0	1.0
Total	470.0	60.0 g	11.0 g	44.0 g

Lunch Option #6	Calories	Carbs	Fats	Protein
Mozzarella & Tomato Salad				
3 oz. baked chicken breast, sliced	140.0	0.0	3.0	26.0
1 medium tomato, cubed	22.0	5.0	0.0	1.0
1 oz. fresh part-skim mozzarella cheese, cubed	70.0	0.0	6.0	6.0
1 cup fresh spinach leaves	7.0	1.0	0.0	1.0
1 clove garlic, pressed	4.0	1.0	0.0	0.0
1 TB sunflower seeds	47.0	2.0	4.0	2.0
1 whole egg, boiled	78.0	1.0	5.0	6.0
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
Total	488.0	16.0 g	28.0 g	42.0 g

Lunch Option #7	Calories	Carbs	Fats	Protein
Southwest Chicken Salad				
2 slices baked chicken breast	95.0	0.0	2.0	17.5
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
1 TB sunflower seeds	50.0	2.0	4.0	2.0
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
1/4 cup corn	65.0	15.0	0.0	2.0
1 oz. Monterey Jack shredded cheese	100.0	1.0	8.0	6.0
2 TB salsa	10.0	2.0	0.0	0.5
Total	480.0	47.0 g	18.0 g	35.0 g

Lunch Option #8	Calories	Carbs	Fats	Protein
Tuna Sandwich				
2 slices whole wheat bread, toasted	110.0	24.0	1.0	6.0
3 oz. tuna, canned in water	100.0	0.0	1.0	22.0
2 TB light mayonnaise	100.0	2.5	10.0	0.5
1 TB mustard	10.0	1.0	0.5	1.0
2 TB relish	20.0	5.5	0.0	0.0
1 egg, boiled	80.0	0.5	5.5	6.5
1 cup grapes	62.0	16.0	0.0	1.0
Total	482.0	49.5 g	18.0 g	37.0 g

Lunch Option #9	Calories	Carbs	Fats	Protein
Tofu Stir Fry				
3 oz. firm tofu	120.0	3.5	7.0	13.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	25.0	6.0	0.0	0.5
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1/2 cup brown rice	110.0	23.0	1.0	2.5
1 TB canola oil	125.0	0.0	14.0	0.0
Total	500.0	53.5 g	22.0 g	23.0 g

Lunch Option #10	Calories	Carbs	Fats	Protein
Chicken & Vegetables				
Healthy Choice Chicken Pesto & Vegetables	310.0	34.0	9.0	21.0
1 slice whole wheat bread	60.0	11.0	1.0	4.0
3/4 cup Green Giant Roasted Red Potatoes,				
Green Beans & Rosemary Butter Sauce	100.0	21.0	1.0	3.0
Total	470.0	66.0 g	11.0 g	28.0 g

Dinner - aim for 400 cals & 25 g protein

Dinner Option #1	Calories	Carbs	Fats	Protein
Chicken , Rice & Vegetables				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
1/2 cup Uncle Ben's Ready Whole Grain Medley				
Brown and Wild Rice	110.0	21.0	2.0	3.0
1 cup green beans, steamed	44.0	10.0	0.0	2.0
1 cup carrots, steamed	55.0	13.0	0.0	1.0
Total	349.0	44.0 g	5.0 g	33.0 g

Dinner Option #2	Calories	Carbs	Fats	Protein
Salmon, Spinach & Potatoes				
3 oz. salmon, baked	175.0	0.0	11.0	19.0
1 TB olive oil	119.0	0.0	13.5	0.0
1 cup spinach, sauteed	10.0	1.0	0.0	1.0
1 cup red potatoes, roasted	110.0	24.0	0.0	3.0
Total	414.0	25.0 g	24.5 g	23.0 g

Dinner Option #3	Calories	Carbs	Fats	Protein
Spinach Salad with Broiled Steak				
1 cup raw spinach	10.0	1.0	0.0	1.0
3 oz. sirloin or strip steak	160.0	0.0	5.5	26.0
1/2 cup tomatoes	15.0	3.5	0.0	1.0
1/4 cup Feta cheese	100.0	1.5	8.0	5.5
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
Total	405.0	12.0 g	23.5 g	33.5 g

Dinner Option #4	Calories	Carbs	Fats	Protein
Turkey Avocado Chef Salad				
2 eggs, hard boiled	155.0	1.0	10.5	12.5
2 oz. low-fat deli turkey meat	60.0	2.5	1.0	10.0
1/2 oz. sliced almonds	80.0	3.0	7.0	3.0
1/4 cup peeled cucumber slices	5.0	1.0	0.0	0.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
3 TB fat free Ranch salad dressing	50.0	11.0	1.0	1.0
Total	385.0	26.5 g	20.0 g	29.0 g

Dinner Option #5	Calories	Carbs	Fats	Protein
Chicken and Broccoli Stir-Fry				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1 cup broccoli	55.0	11.0	0.5	3.5
1 TB canola oil	125.0	0.0	14.0	0.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
Total	400.0	25.5 g	17.5 g	34.5 g

Dinner Option #6	Calories	Carbs	Fats	Protein
Chicken Penne with Vegetables				
2 oz. sauteed chicken breast, sliced	95.0	0.0	2.0	17.5
3/4 cup whole wheat penne pasta	135.0	31.0	1.5	5.5
1/2 cup eggplant, cubed	20.0	4.5	0.0	0.5
1/2 cup butternut squash, cubed	40.0	11.0	0.0	1.0
3/4 cup spaghetti sauce	120.0	20.0	4.5	3.0
Total	410.0	66.5 g	8.0g	27.5 g

Dinner Option #7	Calories	Carbs	Fats	Protein
Tilapia, Green Beans & Sweet Potato				
3 oz tilapia, baked	145.0	0.0	3.0	30.0
1TB olive oil	119.0	0.0	13.5	0.0
1 cup green beans, sauteed	45.0	10.0	0.5	2.5
1 medium sweet potato, baked	100.0	24.0	0.0	2.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	409.0	34.0 g	17.0 g	34.5 g

Dinner Option #8	Calories	Carbs	Fats	Protein
Pork & Vegetables				
4 oz. pork tenderloin	200.0	0.0	7.0	31.5
1 cup broccoli	55.0	11.0	0.5	4.0
1 cup zucchini, sauteed with onions	30.0	7.0	0.0	1.0
1 TB olive oil	120.0	14.0	0.0	0.0
Total	405.0	32.0 g	7.5 g	36.5 g

Dinner Option #9	Calories	Carbs	Fats	Protein
Salmon, Couscous & Asparagus				
3 oz. salmon, baked	175.0	0.0	11.0	19.0
3/4 cup Near East Whole Grain Roasted				
Garlic and Olive Oil Couscous	165.0	37.0	5.0	7.0
1 cup asparagus, baked	40.0	8.0	0.0	4.0
1 cup cauliflower, roasted	25.0	6.0	0.0	2.0
Total	405.0	51.0 g	16.0 g	32.0 g

Dinner Option #10	Calories	Carbs	Fats	Protein
Curried Eggplant with Tomato and Basil - see recipe				
3 oz. firm tofu (optional)	80.0	2.5	5.0	9.0
1/4 TB olive oil	30.0	0.0	3.0	0.0
1/4 onion, chopped	12.0	5.0	0.0	0.0
1/4 pint cherry tomatoes, halved	65.0	5.0	0.0	1.0
1/4 lb. eggplant	20.0	5.0	0.0	1.0
1/4 15.5 oz. can chickpeas, rinsed	100.0	15.0	2.0	5.0
1/8 cup fresh basil	0.0	0.0	0.0	0.0
1/2 cup brown rice, cooked	110.0	25.0	1.0	2.5
Total	417.0	57.5 g	11.0 g	18.5 g

Breakfast Pizza

Super healthy, delicious and low carb!

Ingredients

- 2 egg whites, scrambled
- 1 whole egg, scrambled
- 1/4 cup tomatoes, chopped
- 1/4 cup red peppers, chopped
- 1 oz. 2% milk shredded mozzarella
- 1/2 cup spaghetti sauce
- 1 whole wheat pita
- 1 tsp oregano
- 1/4 tsp black pepper
- sea salt, to taste (optional)

Preparation

In a small mixing bowl, combine eggs, tomato, bell pepper, oregano, black pepper and sea salt. Whisk together (or use a fork) until fluffy and ingredients are well blended.

Use a spatula to scramble the mixture as it cooks.

While egg mixture is cooking, toast the pita (optional), and spread with the tomato sauce. Set aside.

Once the egg whites are fully cooked to your liking (as dry or wet as you prefer), turn the heat down to low and sprinkle the cheese on top and allow to melt.

Once melted, transfer/slide the egg white mixture on top of the pita. Enjoy!

Chicken Panini

Ingredients

- 2 slices low-fat Swiss cheese
- 2 oz. sliced reduced-sodium Black Forest deli ham
- 2 oz. sliced reduced-sodium deli chicken breast
- 1 whole wheat roll
- 1/4 cup marinara sauce, heated

Preparation

Heat lightly oiled grill or panini press to medium heat (or use a grill pan).

Layer cheese and meat on roll.

Close sandwiches and grill, flipping and pressing them with spatula if necessary, until golden brown on both sides and cheese is melted, about 5 minutes total.

Halve sandwiches and serve with marinara sauce for dipping.

Curried Eggplant with Tomato and Basil

Ingredients

3 oz. firm tofu (optional)
1/4 TB olive oil
1/4 onion, chopped
1/4 pint cherry tomatoes, halved
1/4 lb. eggplant
1/4 15.5 oz. can chickpeas, rinsed
1/8 cup fresh basil
1/2 cup brown rice, cooked

Preparation

Heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes.

Stir in the tomatoes, eggplant, curry powder, salt and pepper. Cook, stirring, until fragrant, about 2 minutes.

Add 1/2 cup water and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12 to 15 minutes.

Stir in the chickpeas and cook just until heated through, about 3 minutes.

Remove the vegetables from heat and stir in the basil. Fluff rice with a fork. Serve the vegetables over the rice.

Grocery List

Grains

- brown rice
- bagel thins, whole wheat
- bread, whole wheat
- english muffin, whole wheat
- Near East Whole Grain Roasted Garlic and Olive Oil Couscous
- oatmeal
- penne pasta, whole wheat
- pita, whole wheat
- Quaker Brown Sugar Oatmeal Squares
- quinoa
- sandwich roll/bun, whole wheat
- spaghetti, whole wheat
- tortillas (8 in.), whole wheat
- Uncle Ben's Ready Whole Grain Medley Brown and Wild Rice

Canned Goods

- black beans
- chickpeas
- corn
- marinara sauce
- pineapples, diced or chunks, in juice
- peaches, in juice
- spaghetti sauce
- vegetable broth

Dairy

- cheddar cheese 2%, shredded
- cottage cheese, low-fat
- Feta cheese
- Greek yogurt (assorted flavors)
- milk 1%
- Monterey Jack, shredded
- Mozzarella cheese sticks, light
- Mozzarella, 2% milk shredded
- Mozzarella, fresh, part skim
- Swiss cheese, low-fat sliced

Meats, Beans & Nuts

- almonds
- chicken breast
- chicken breast, deli, low-sodium
- eggs
- ham, deli, low-sodium
- peanut butter, Smucker's Natural
- pecans, chopped
- pork tenderloin
- pumpkin seeds
- salmon
- steak, sirloin or strip
- sunflower seeds
- tilapia
- tofu
- tuna, canned in water
- turkey, deli, low-sodium
- turkey, ground, 93% lean

Vegetables

- asparagus
- avocado
- basil
- broccoli
- butternut squash
- carrots
- cauliflower
- cilantro
- cucumber
- edamame, dry roasted, lightly salted
- eggplant
- garlic
- green beans
- green bell pepper
- mushrooms
- onions
- red bell pepper
- red potatoes
- romaine or green leaf lettuce
- spinach
- sweet potato
- tomatoes
- zucchini

Fruits

- bananas
- blueberries
- cranberries, dried
- grapes
- orange
- strawberries

Frozen Foods

- Green Giant Roasted Red Potatoes, Green Beans & Rosemary Butter Sauce
- Healthy Choice Chicken Pesto & Vegetables

Condiments

- balsamic vinaigrette dressing, light
- hummus
- mayonnaise, light
- mustard
- Parkay butter spray
- ranch salad dressing, fat free
- relish
- salsa
- teriyaki sauce, reduced sodium

Other

- brown sugar
- canola oil
- chocolate chips, semi-sweet
- flaxseed, ground
- Kashi Original 7 Grain Crackers
- olive oil
- popcorn, Pop Weaver Light Butter
- Tostitos Scoops, Multigrain