

Choose a minimum of 3 items from this list for your recipe, one must be a protein item.

Lean Proteins
Beans, black, low sodium, canned
Beans, edamame, shelled, frozen
Beans, garbanzo, low sodium, canned
Beans, kidney
Beans, navy
Beans, pinto, low sodium, canned
Beans, refried
Beef, ground, fully cooked
Beef, hamburger patty, fully cooked
Beef, meatball, fully cooked
Cheese, American, sliced
Cheese, cheddar, shredded
Cheese, mozzarella, shredded
Chicken, diced, fully cooked
Chicken, patty, whole grain, fully cooked
Chicken, strips, fajita seasoned, fully cooked
Eggs, liquid scrambled
Fish, sticks, whole grain, fully cooked
Ham, turkey, diced, fully cooked
Ham, turkey, sliced, fully cooked
Hummus, roasted red pepper
Turkey breast, sliced, fully cooked
Yogurt, strawberry, low fat
Yogurt, vanilla, low fat

Whole Grains
Biscuit, whole grain
Bread, sandwich, whole wheat
Bun, hamburger, whole wheat
Chips, tortilla, unsalted
Cornmeal, stone ground
Dinner roll, whole grain
Flour, whole wheat
Pasta, rotini, whole grain
Pasta, spaghetti, whole grain
Rice, brown, parboiled
Tortilla, 10 inch, whole wheat
Tortilla, 4.5 inch, corn
Tortilla, 6 inch, whole wheat
Tortilla, 8 inch, whole wheat

Spices/Seasonings
Allspice, ground
Basil, dried, ground
Chili powder
Cinnamon
Cloves, ground
Cumin, ground
Garlic powder
Italian seasoning
Mustard, dry, ground
Nutmeg
Onion powder
Onions, dehydrated
Oregano
Paprika
Parsley, flakes
Sage, ground
Beef, bouillon, paste
Chicken, bouillon, paste

Vegetables
Beans, green, low sodium, canned
Broccoli, florets, fresh
Broccoli, florets, frozen
Carrots, baby, fresh
Carrots, shredded, fresh
Cauliflower, florets, fresh
Celery, sticks, fresh
Corn, yellow, frozen
Cucumber, whole, fresh
Lettuce, iceberg, shredded, fresh
Lettuce, romaine, fresh
Mushrooms, white, whole, fresh
Onions, red, whole, fresh
Onions, yellow, whole, fresh
Peas, green, frozen
Pepper, green, whole, fresh
Potatoes, mashed, instant
Potatoes, russet, whole, fresh
Potatoes, wedge, skin-on, frozen
Pumpkin, puree, canned
Spinach, fresh
Sugar snap peas, whole, fresh
Tomato, paste, canned
Tomato, whole, fresh
Tomatoes, crushed, canned
Tomatoes, grape, fresh
Vegetables, mixed, peas, carrots, corn, green beans
Zucchini, whole, fresh

Fruit
Apples, sliced, canned in juice
Apples, whole, fresh, multiple varieties
Bananas, whole, fresh
Blueberries, whole, frozen
Cantaloupe, whole, fresh
Fruit, mixed, canned in juice
Grapefruit, whole, fresh
Grapes, whole, red or green, fresh
Honeydew, whole, fresh
Lemons, whole, fresh
Oranges, mandarin, canned in juice
Oranges, whole, fresh
Peaches, diced, canned in juice
Pears, diced, canned in juice
Pears, whole, fresh
Pineapple, tidbits, canned in juice
Strawberries, whole, fresh
Strawberries, whole, frozen
Watermelon, whole, fresh