The Lazy Dietitian's Food Guide

The Lazy Dietitian believes healthy-ish food prep can be quick, easy, and tasty. She's sharing some of her favorite types of convenience foods, along with specific products she likes. Use them to assemble nourishing meals and snacks!

### STARCHES

- 100% whole wheat pasta, breads, pitas, tortillas, or English muffins
- Instant brown rice or quinoa
- Ready-to-microwave potatoes
- Whole grain cereals
  - Instant oats
  - Wheaties
  - Original Cheerios
  - Uncle Sam
  - Kashi 7 Whole Grain Flakes
- Frozen potatoes
  - Ore-Ida Diced Hash Browns
  - Ore-Ida Shredded Hash Browns
- Whole grain frozen waffles
  - Van’s Multigrain
  - Kashi 7 Grain
- White whole wheat flour
  - King Arthur White Whole Wheat Flour
  - Kroger White Whole Wheat Flour
- Whole grain crackers
  - Wheat Thins
  - Crunchmaster
  - Triscuit
  - Wasa
  - Mary’s Gone Crackers
- Snacks
  - SkinnyPop
  - Beanitos
  - Peatos

### FRUITS

- Baked fruit chips
  - Bare Fruit Chips
- Freeze dried fruit with no added sugar
- Frozen fruit with no added sugar
- Fruit cups or canned fruit in 100% juice
- Ready to eat fruits (apples, pears, grapes, bananas, oranges, berries)
- Dried fruits with no added sugar

### DAIRY

- Yogurt
  - Chobani Less Sugar Yogurt
  - Siggis
  - YQ by Yoplait
- Shelf-stable milk
  - Horizon Shelf Stable Milk Boxes

### BARS

- RxBar
- Larabar
- Luna
- Kind
### PROTEINS

**Nut Butter**
- Jif Natural To-Go
- Peanut Butter & Co. Dark Chocolatey Dreams
- PB2 Peanut Butter Powder

**Beans & lentils**
- Canned beans or lentils
- Frozen shelled edamame
- Good & Gather Microwavable Lentils
- Uncle Ben’s Microwavable Beans

**Eggs**
- Hard cooked peeled eggs
- Good Food Made Simple Egg White Patties
- Kroger Liquid Whole Eggs

**Hummus**

**Cottage Cheese**

**String cheese, cheese sticks, cheese cubes**

**Shredded cheese, sliced cheese**

### Seafood
- Frozen cooked shrimp, peeled and deveined
- Seafood Snackers
- Gorton’s Smart Solutions Frozen Fish
- Chicken of the Sea Tuna Infusions
- Starkist Pouches and Creations

### Heat and eat meats
- Rotisserie Chicken
- Perdue Simply Smart Organics
- Perdue Shortcuts
- Tyson Naturals
- Tyson Pulled Chicken Breast
- Aidell’s Chicken Sausages, Meatballs, Burgers
- Hormel Taco Meats
- Hillshire Farm Turkey Smoked Sausage

### Fresh Meats
- Perdue Fresh Cuts
- Perdue Harvestland Diced Chicken

### Snacks
- Beef or turkey jerky
- Epic meat snacks
- Biena chickpeas
- The Good Bean
- Bada Bean Bada Boom
- Frozen steamable edamame pods

### VEGETABLES

**Frozen roasting vegetables**
- Pictsweet Vegetables for Roasting

**Vegetable Kits**
- Taylor Farms Vegetable Kits

**Frozen steam-in-bag vegetables**

**Frozen riced cauliflower**

**Bagged cole slaw cabbage**

**Bagged broccoli slaw**

**Bagged shredded carrots**

**Bagged lettuce, spinach, kale**

**Baked Vegetable Chips**
- Bare Veggie Chips

**Low sodium vegetable juice**
- Low sodium V8

**Canned tomato products (diced, crushed, etc.)**

**Frozen meal starter vegetables (diced onion, mirepoix, stir-fry blend, onion and pepper blend, soup blend, stew blend)**

**Ready to eat vegetables (baby carrots, grape tomatoes, snap peas, mini peppers)**
### FATS

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td><strong>Avocado</strong></td>
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<tr>
<td>Wholly Guacamole &amp; Avocado</td>
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<tr>
<td>Frozen Diced Avocado</td>
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<tr>
<td><strong>Olives</strong></td>
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<tr>
<td>Olives-to-Go</td>
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<tr>
<td>Oloves</td>
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<tr>
<td><strong>Nuts and Seeds</strong></td>
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<tr>
<td>Skinny Dipped Almonds</td>
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<tr>
<td>Somersault Sunflower Seed Snacks</td>
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### ENTREES

<table>
<thead>
<tr>
<th>Entree Types</th>
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<tbody>
<tr>
<td><strong>Frozen Burritos</strong></td>
</tr>
<tr>
<td>Red's Turkey Sausage, Egg, &amp; Cheese</td>
</tr>
<tr>
<td>Red's Chicken Cilantro &amp; Lime</td>
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<tr>
<td>Evol Lean &amp; Fit Egg White &amp; Spinach</td>
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<tr>
<td>Evol Chicken, Bean, &amp; Rice</td>
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<tr>
<td>Evol Bean, Rice, &amp; Cheddar</td>
</tr>
<tr>
<td>Evol Cilantro Lime Chicken</td>
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<tr>
<td><strong>Frozen Meals</strong></td>
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<tr>
<td>Eating Well Entrees</td>
</tr>
<tr>
<td>Healthy Choice Steamers</td>
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<tr>
<td>Healthy Choice Power Bowls</td>
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<tr>
<td><strong>Soups</strong></td>
</tr>
<tr>
<td>Progresso Reduced Sodium</td>
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<tr>
<td>Campbell’s Healthy Request</td>
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<tr>
<td><strong>Frozen ravioli or tortellini</strong></td>
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### BEVERAGES

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<tr>
<th>Beverages</th>
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<tbody>
<tr>
<td>Spindrift</td>
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<tr>
<td>Momenti by San Pallegrino</td>
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<tr>
<td>LaCroix</td>
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### FLAVOR ENHANCERS

<table>
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<tr>
<th>Enhancers</th>
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<tbody>
<tr>
<td>Simmer sauces</td>
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<tr>
<td>Saffron Road</td>
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<tr>
<td>Passage Foods</td>
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<tr>
<td>Pasta sauce</td>
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<tr>
<td>Ragu Simply</td>
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<tr>
<td>Prego No Sugar Added</td>
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<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Spice World Squeezable Garlic</td>
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<tr>
<td>Ginger</td>
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<tr>
<td>Spice World Squeezable Ginger</td>
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<tr>
<td>Taco seasoning</td>
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<tr>
<td>McCormick Less Sodium Mix</td>
</tr>
<tr>
<td>Olive oil mayonnaise</td>
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<tr>
<td>Kraft Olive Oil Mayo</td>
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<tr>
<td>Salad dressings</td>
</tr>
<tr>
<td>Annie’s Red Wine and Olive Oil Vinaigrette</td>
</tr>
<tr>
<td>Bolthouse Farms creamy yogurt dressings</td>
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<tr>
<td>Organic Girl</td>
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<tr>
<td>Low sodium broths and stocks</td>
</tr>
<tr>
<td>(chicken, beef, vegetable)</td>
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<tr>
<td>Salsa</td>
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<tr>
<td>Pesto</td>
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<tr>
<td>Soy sauce</td>
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<tr>
<td>Stir fry sauce</td>
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<tr>
<td>Grated parmesan cheese</td>
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The Lazy Dietitian's Breakfast & Snack Ideas

banana or apple + nut butter
whole grain toast + avocado
Greek yogurt + fruit and/or nuts
cottage cheese + pineapple or tomatoes
egg patty on a whole grain English muffin
instant oats + fruit and/or nuts
whole grain tortilla filled w/ nut butter & banana or apple slices
homemade trail mix w/ popcorn + nuts + dried fruit
hummus or guacamole w/ raw vegetables
cheese + whole grain crackers
homemade smoothie

The Lazy Dietitian's Lunch & Dinner Ideas

whole grain bread or tortilla + deli meat + hummus + baby spinach = easy wrap
Instant brown rice + canned beans + salsa + cheese = easy beans and rice
microwaved potato + frozen chopped broccoli + cheddar cheese
frozen diced potatoes + scrambled eggs + diced veggies = easy scramble
grilled cheese on whole wheat bread + soup
frozen ravioli + chicken sausage + marinara + frozen Italian veggies
whole grain bread + chopped hard cooked eggs + mayo = easy egg salad
microwave quinoa + canned pinto beans + salsa + shredded cheddar = easy southwestern bowl

whole grain pasta + cooked frozen shrimp + canned diced tomato + pesto + parmesan

bagged lettuce + tuna or salmon + salad dressing (eat as a salad, or put in whole wheat pita pocket)

microwave brown rice + canned chickpeas + canned diced tomatoes + feta + Italian dressing

breaded chicken + marinara + mozzarella + whole wheat pasta = easy chicken parm

ground turkey + shredded cole slaw mix + tomato sauce + instant brown rice = easy unstuffed cabbage rolls

whole wheat pasta + ground lean beef + marinara + mozzarella + frozen veggies = easy pasta bake

whole wheat tortillas + canned beans + frozen pepper and onion strips + cheese = easy quesadillas

cooked frozen shrimp + whole wheat tortillas + salsa + shredded lettuce + avocado = easy shrimp tacos

frozen stir fry veggies + bottled stir fry sauce + instant brown rice + protein of choice = quick stir fry

Turkey smoked sausage + shredded cole slaw mix + frozen shredded potatoes + paprika = easy hash