

# The Lazy Dietitian's Food Guide



Not lazy.  
Just efficient.

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

### Avocado

Wholly Guacamole & Avocado  
Frozen Diced Avocado

### Olives

Olives-to-Go  
Olives

### Nuts and Seeds

Skinny Dipped Almonds  
Somersault Sunflower Seed Snacks

## ENTREES

### Frozen Burritos

Red's Turkey Sausage, Egg, & Cheese  
Red's Chicken Cilantro & Lime  
Evol Lean & Fit Egg White & Spinach  
Evol Chicken, Bean, & Rice  
Evol Bean, Rice, & Cheddar  
Evol Cilantro Lime Chicken

### Frozen Meals

Eating Well Entrees  
Healthy Choice Steamers  
Healthy Choice Power Bowls

### Soups

Progresso Reduced Sodium  
Campbell's Healthy Request

Frozen ravioli or tortellini

## BEVERAGES

Spindrift  
Momenti by San Pellegrino  
LaCroix

## FLAVOR ENHANCERS

### Simmer sauces

Saffron Road  
Passage Foods

### Pasta sauce

Ragu Simply  
Prego No Sugar Added

### Garlic

Spice World Squeezable Garlic

### Ginger

Spice World Squeezable Ginger

### Taco seasoning

McCormick Less Sodium Mix

### Olive oil mayonnaise

Kraft Olive Oil Mayo

### Salad dressings

Annie's Red Wine and Olive Oil Vinaigrette  
Bolthouse Farms creamy yogurt dressings  
Organic Girl

Low sodium broths and stocks  
(chicken, beef, vegetable)

Salsa

Pesto

Soy sauce

Stir fry sauce

Grated parmesan cheese

# 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

# The Lazy Dietitian's Lunch & Dinner Ideas

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