



## **Shopping List for Easy Barracks Meals**

### **Fruits:**

Bananas	Strawberries	Frozen Fruit (Mango, Berries, Peaches)
Grapes	Grapefruit	Apples
Mango	Oranges	Apricots
Kiwi	Blue or Blackberries	Nectarines
Pears	Cherries	Tangerines
Avocado	Plums	Applesauce
Canned Fruit		

If you have a small cutting board, knife and Tupperware for storage, it's feasible to purchase any fruit in season, cut up, and store in your fridge for snacks or as part of a meal.

### **Vegetables:**

Baby carrots	Cherry tomatoes	Prewashed salad
Bagged spinach	Frozen veggies, all varieties	Frozen Edamame

With a small cutting board, knife and Tupperware, you can make:

Potato- cut into cubes, season with pepper or Mrs. Dash and microwave 6-8min.

Sweet potato- cut into cubes, add a dash of cinnamon and microwave 6-8min.

Onion- add to sandwiches & salads

Green, red, orange, or yellow peppers- for sandwiches, salads, or with dip

Broccoli Green Beans, Cucumber

Cauliflower, Peas, Corn

Tomato

### **Grains & Starches:**

Cereal (look for 5 or more grams fiber, <9 grams sugar)	Oatmeal
Granola Bars (look for 3 or more grams fiber, <9 grams sugar)	Grits
Bread (100% whole wheat)	Cream of Wheat
Tortilla wraps (whole wheat)	Pita pockets (whole grain)
Uncle Ben's Microwave Long Grain Rice Tostitos (whole grain)	Tostitos (whole grain)
Pretzels (Snyder's multigrain)	
Starchy veggies- Potatoes, frozen or canned peas or corn	
Crackers (look for whole grain i.e. Triscuits, Wheat Thins- whole wheat, Kashi TLC, etc.)	

### **Dairy:**

Yogurt (plain or sweetened, low fat), Kefir, yogurt drink	Low fat milk (skim or 1%)
Cheese (block or slices, for sandwiches or snacks)	Cottage cheese (fat free, 1.5% or 2%)
Sour Cream (low fat, mix with Hidden Valley Ranch dip mix and have with cut veggies)	String cheese or Baby Bell Cheese
Almond milk, Flax milk	Parmesan Cheese

**Meat and Meat Alternatives:**

Deli meats (turkey, chicken, ham, and roast beef are typically leaner)  
 Peanut butter (for peanut butter & jelly sandwiches)  
 Microwave chicken breast  
 Canned tuna or salmon, chicken (mix with low fat mayo/miracle whip, diced pickle or relish, Mrs. Dash)

Veggie burgers  
 Microwave tilapia  
 Rotisserie Chicken (remove skin)  
 Baked Beans

**Others:**

Mustard  
 Jelly  
 Pickles  
 Hidden Valley Ranch dip mix (found near salad dressing & condiments)  
 TV dinners ("healthier" brands: Kashi, Healthy Choice, Lean Cuisine, South Beach, Amy's brand)  
 Canned soups (look for lower sodium soups with <600 mg sodium per serving)

Low fat mayo or miracle whip  
 Peanut butter  
 Salsa  
 Mrs. Dash, cinnamon, oregano  
 Bean Burritos (frozen section)

**Breakfast Ideas:**

Cereal, milk, fruit  
 Granola bar, yogurt  
 Cottage cheese, fresh or canned fruit  
 Peanut butter bread, glass of milk

**Lunch Ideas:**

Sandwich: bread, wrap or pita pocket with fruit, glass of milk or cup of yogurt  
 Deli sandwich- deli meat, lettuce, spinach, onion, pickle, cheese, mustard, low fat mayo  
 Peanut butter & jelly sandwich  
 Tuna salad sandwich

**Snack Ideas:**

Fruit (fresh or canned)  
 Granola bar  
 Veggies- baby carrots, cherry tomatoes, pepper strips, veggies & dip  
 Cup of low fat milk or yogurt  
 Pretzels or crackers

**Dinner Ideas:**

Meat, starch, vegetable (i.e. microwave or rotisserie chicken, potatoes or brown rice, frozen veggies or salad)	Burrito, salsa, cup of fruit, glass of low fat milk or yogurt
Light soup, side salad, fruit, low fat cottage cheese	Healthy Choice TV dinner, fruit, glass of low fat milk

**Read Food Label: Look for:**

- Cereal <10 g Sugar >3 g Fiber
- Yogurt <20 g Sugar
- Frozen Meal < 600 mg Sodium < 10 g Fat <500 Calories
- Pasta Sauce < 600 mg Sodium
- Soup < 800 mg Sodium
- Frozen or Canned fruits/veggies without added salt, sugar or fat