



BUDDIES IN MY BELLY™

SNACK SHOPPING LIST

PRODUCE

- 1 small butternut squash
- 2 avocados
- 1 medium cucumber
- 2 small containers raspberries (or buy frozen berries, often cheaper)
- 2 medium tomatoes
- 2 pears
- 1 banana
- 1 small orange
- 1 small apple
- 1 bunch celery
- 1 medium carrot (optional)
- 1 bell pepper
- 1 small sweet onion
- 1 lemon
- 1 medium sweet potato
- 1 package favorite fresh herb like sage, mint or basil (optional)

FROZEN SECTION

- 1 small package edamame
- 1 small package of organic frozen berries (optional if you didn't get fresh)

FRESH MEAT SECTION

- 1 chicken breast, ideally free-range and organic

DAIRY & REFRIGERATED SECTION

- 1 pound container organic, no sugar added yogurt
- 1 8 oz organic sour cream
- 1 small stick grass-fed butter
- 1 small container organic cottage cheese
- Eggs (sometimes you can buy individual eggs if your grocer has local eggs to sell)
- 1 32 oz container unsweetened, plain almond milk (you will find larger selection of non-dairy milks in the non-refrigerated section in some stores)
- 1 small container hummus

You can purchase these by block, sliced or shredded. Packages are labeled in oz:

- 2 oz feta or goat cheese
- 2 oz cheddar cheese
- 2 oz mozzarella cheese

DELI COUNTER

Ask the deli employee to slice these specific amounts for you or purchase high quality packaged deli meat with low sodium:

- 2 oz organic ham slices (2-3 thick slices)
- 2 oz organic deli roasted turkey slices (2-3 thick slices)

BULK BINS

- 24 (about ¼ cup or a small handful) raw almonds
- Trail mix – mix of your choice of nuts with small amounts of options such as dark chocolate nibs that you can eat in ½ cup servings
- ½ cup flax seeds (whole or ground)
- ½ cup chia seeds
- ½ cup dry oatmeal
- ¼ cup dry quinoa
- ¼ cup dry pasta of choice
- ½ cup dry lentils
- ¼ cup shredded coconut

AISLES

- Small container of your favorite nut butter (minimal ingredients)
- 1 small can black beans, no salt added
- 1 small jar salsa of your choice
- 1 small jar basil pesto
- 1 small jar olive oil based mayo
- Small loaf of high fiber bread (4+ grams fiber/slice)
- 1 small box high fiber crackers (4g+ fiber/serving, low sodium)
- Small bottle of extra virgin olive oil
- Organic ground cinnamon (optional)
- Olives of your choice (some stores will have an olive bar to select from)