

Shopping List and Menu Ideas

Whole Grains:

bulk purchase

Cooked grains

brown rice - Near East, Fantastic Foods

whole wheat - Near East wheat pilaf

tabouli - Near East, Fantastic Foods

other pilafs

Cereals:

Hot :

Irish and Old Fashioned Oatmeal

Wheatena

Cream of Buckwheat

Cream of Brown Rice

Barley Plus

Cream of Rye

Cold:

Crispy brown rice

Oateos

Shredded wheat

Puffed millet, puffed brown rice, puffed corn

Kashi, Nature's Path, Barbara's brands (with no more than 6g sugar/serving size)

Granola (preferably unsweetened and if there is oil: expeller or cold pressed)

Breads and Crackers:

Whole wheat pita

Whole wheat bread (

Whole wheat English muffins

100% rye bread

Rice bread

Spelt bread

Sprouted grain bread

rice cakes, rice crackers

rye crackers (Ryvita, Wasa)

100% whole wheat matzo

Pasta:

Whole wheat/udon

Buckwheat/soba

Corn and Quinoa

Rice

Corn

Spelt

Pancake mixes and waffles

Legumes:

Peanuts

Natural peanut butter

Dried beans

Canned beans (ie. Eden, Westbrae)
Bean soups (Fantastic Foods, Health Valley, Amy)
Bean spreads (hummus, black bean spread)
Tofu
Tempeh
Vegetarian chile (canned - Health Valley; mix - Fantastic Foods; bulk)
Frozen or refrigerated meat replacers (Veggie wieners, veggie burgers)
Frozen or refrigerated entrees (Tofu lasagna, manicotti, pizza, bean burritos, Indian bean entries)

Menu Ideas:

(Using fresh fruit, whole grains, fresh vegetables, legumes and other good choices of protein rich foods, calcium rich foods and high quality, healthy oils.)

Breakfast: / A.M.

fresh fruit, cereal with fat free milk or yogurt or calcium enriched soy, almond or rice milk
fresh fruit, whole grain bread, egg(s)
fresh fruit, whole grain bread or rice cake, natural nut butter
fresh fruit, no fat or low fat cottage or other cheese, whole grain bread
veggie omelet made with tofu or soy cheese, whole grain toast

Mid-day or Evening meal

bean/veggie stew over brown rice, green salad, fresh fruit
lentil soup, whole grain bread, green salad, fresh fruit
hummus and veggies in whole wheat pita pocket, fresh fruit
fresh salmon, steamed veggies, salad, brown rice pudding
ribolito (white bean, stale whole grain bread and greens) soup, salad
chicken (skinless) cacciatore over whole grain pasta, salad
ground white meat turkey chili, brown rice, salad, baked apple
sardines on rye crackers, salad, fresh fruit
stir fried tempeh and veggies over soba, steamed broccoli, baked apple
salmon loaf, brown rice pilaf with sauteed spinach and garlic
corn and quinoa macaroni salad made with black beans and veggies, fresh fruit
salad with one or more of these: canned salmon, sardines, chickpeas, plus bread, fruit
veggie burgers, steamed beets and beet greens, whole grain bread or crackers, fresh fruit
bean burrito(s), brown rice, steamed broccoli, salad, fruit
veggie pizza (try soy cheese), salad, fruit
fresh turkey slices and veggies on whole grain bread rollup, fruit
chicken sandwich, salad, fruit
tofu manicotti, steamed veggies, salad, fruit
natural nut butter on whole grain bread, veggie soup, fresh fruit
vegetarian chile, corn bread, salad, pear crisp
grain and bean stuffed peppers, sauteed greens, fruit salad