

FAST Foods Grocery Tour:

We've put together some FAST foods that you can get at the grocery store to have on hand so that busy days don't become setbacks!

Produce:

- ~Edamame in shell (in a Ziploc baggie)
- ~Hard boiled eggs
(sliced and stuffed in a pita for b'fast, crumbled on salad at lunch, salted for a snack)
- ~Ready-to-steam veggies
(pack in lunch or quick dinner)
- ~Precut veggies/fruit (paired with peanut butter for a protein)

Seafood:

- ~Southern Home Precooked shrimp
(4oz in a baggie with cocktail sauce)
- ~Ready-to-cook 4 oz. Perch and salmon Filets
(ready to add to any side salad)
- ~North Coast Seafood Culinary Reserve or Phillips 16oz cans of hand-picked crabmeat (rinsed and ready to add to a veggie/broth soup)

Meat/Deli:

- ~Oscar Meyer Deli Fresh, Butterball, or Southern home Deli meats like turkey, ham, roast beef (rolled up with slice of low fat cheese and mustard in a lettuce leaf)

Dairy:

- ~Sargento, Kraft Free or Cabot Low fat (1% or 2%) cheese like mozzarella or cheddar (roll up with lean deli meats and lettuce)
- ~Fat free cottage cheese individual 4oz serving
(alone or with fruit cup)
- ~Dannon All natural, Activa Light Breyers, or Weight Watchers
4 or 6oz yogurt (perfect fast-food all alone!)

Bread/Peanut butter aisle:

- ~Smuckers or Southern Home natural peanut butter (plus)
- ~Polaner All Fruit or Smuckers Simply fruit preserves (spread on)
- ~Sara Lee 45 cal or Capt. John Derst's Light wheat bread (perfect ½ sandwich on the go)

Salad Dressing aisle:

- ~Ken's or Wishbone salad spritzers or Kraft pre-portioned packs of light salad dressing (perfect to top any drive through side salad)

Beverage/Cracker aisle:

- ~Drink packets to add to water
(crystal light)
- ~Crackers- Kavli, Wasa, All bran
(add natural peanut butter to make your own "peanut butter crackers")

Canned meats/soups aisle:

- ~Starkist Tuna Creations- Lemon Pepper (add to salads, wheat crackers or a wheat pita)
- ~Progresso Lentil or hearty black bean soup (just microwave)
- ~Hormel or Dinty Moore 8oz stews
(microwave at work for fast protein and veggies)

Canned Fruit aisle:

- ~Individual fruit cups in their own juice or water (eat with 4oz cottage cheese or yogurt)
- ~Unsweetened applesauce sprinkled with flax meal (for an omega-3 boost)

Cereal aisle:

- ~Cereals: Kashi Go Lean Crunch, Fiber One Sticks, Optimum Slim
(portion into 1 serving baggies to stash in desk drawer or grab an 8oz skim milk for a quick bowl of cereal)
- ~Bars: Kashi TLC bars (for quick and easy b'fast or snack)

Other On-The-Go Ideas

- Bring an insulated cooler to keep proteins cool all day
- Freeze beverages so they are nice and cold when you are ready to drink
- Pre-portion fruits and veggies on Sunday to have on hand all week
- Use plastic containers or Ziploc baggies to portion out fruits (grapes, apple slices, berries, orange slices, melon cubes) and veggies (baby carrots, cherry tomatoes, bell pepper slices)
- Pre-portion out nuts when you buy a container into 1-ounce servings to get a healthy snack/meal without overdoing it
- Buy some high fiber cereals and portion out baggies of servings to keep in the desk drawer or combine with nuts or dried fruits to make your own trail mix
- Bring a cooler to keep yogurt, cottage cheese, hard boiled eggs, and string cheese cool
- Toast a whole grain waffle and spread with natural peanut butter, fold in half for a breakfast quesadilla!
- Pack a pita and stuff with low fat cheese, natural peanut butter, or hummus for a high fiber, high protein meal
- Pack low fat mayo, hummus, low fat dressings, mustard packets or no-added sugar BBQ sauce to keep meals light
- Bring canned salmon, tuna fish, or chicken to top a green salad or stuff into a whole wheat pita or serve on whole wheat crackers
- Pre-portion canned beans to add to salads, veggie broth soups, or just to eat for a nice high fiber, high protein snack!
- Spread natural peanut butter on a whole wheat tortilla and slice a banana and fold in half for a fruity quesadilla