



# 99 DIET FOODS Grocery List: Substitutions

## Lunch & Dinner

Amy's California Veggie Burger  
Amy's Light & Lean Spinach Lasagna  
Amy's Light in Sodium Bean & Rice Burrito  
Amy's Roasted Vegetable Pizza  
Annie Chun's Chicken & Cilantro Mini Wontons  
Annie Chun's Teriyaki Noodle Bowl  
Applegate The Great Uncured Hot Dog  
Cedarlane Eggplant Parmesan  
Dr Praeger's Buffalo Chickenless Patties  
Evol Foods Teriyaki Chicken Bowl  
Healthy Choice Lemon Herb Chicken  
Healthy Choice Portabella Spinach Parmesan  
Helen's Kitchen Bay Island Plantain  
Helen's Kitchen Pasta Primavera  
Kashi Chicken Florentine  
Kashi Thin Crust Basil Pesto Pizza  
Organic Bistro Chicken Parmesan Bake  
Organic Bistro Wild Alaskan Salmon Bake  
SeaPak Shrimp Co. Salmon Burger  
Sukhi's Tandoori Chicken Sandwich  
Rico M Panada Spinach & Tofu

## Drink

Almond Milk (unsweetened)  
Coffee  
Green Tea  
Sparkling Water or Seltzer  
Uncle Matt's Organic Grapefruit Juice  
Unsweetened Iced Tea  
V-8 Low Sodium Vegetable Juice

## Breakfast

Amy's Breakfast Scramble Wrap  
BetterOats Oat Revolution Thick & Hearty Old-Fashioned Instant Oatmeal (Apples & Cinnamon variety)  
Cream of Wheat Instant Healthy Grain  
Jennie-O Breakfast Sausage Links  
Kashi Blueberry Waffles  
Uncured Turkey Bacon  
Van's Natural Foods Whole Grain Pancakes  
VitaBuns English Muffins

## Cereal, Grains & Pasta

100% Whole Wheat Bagel Thins  
100% Whole Wheat Pita Pocket Bread  
Annie Chun's Pad Thai Brown Rice Noodles  
Arnold Grains & More 100% Whole Wheat Triple Health Bread  
Back to Nature Multigrain Flax Seeded Flatbread  
Barilla Plus Penne  
DeBoles Artichoke Flour Pasta  
Dr Praeger's Sweet Potato Littles  
General Mills Cheerios Cereal  
Kashi 7 Whole Grain Cereal Flakes  
Kashi 7 Whole Grain Cereal Puffs  
Microwaveable Brown Rice  
Nature's Plus Flax Plus Flakes Cereal  
Post Grape Nuts Cereal  
Quinoa  
Shirataki Noodle

## Side Items

Amy's Organic Light Sodium Split Pea Soup  
Broccoli Slaw  
Dr McDougall's Light Sodium Tomato Basil Pasta Soup  
Fire Roasted No Salt Added Diced Tomatoes  
Healthy Valley Soup 40% Less Sodium 5 Bean Vegetable  
Healthy Valley Soup Fat-Free Garden Split Pea with Carrots  
Health Valley Soup Vegetable Barley with Less Sodium  
Pacific Organic Creamy Butternut Squash Soup Light Sodium  
Salad Greens  
Steam-in-Bag Frozen Vegetables (without sauce)  
Tiger Tiger Thai Onion Soup

## Side Items

Arctic Zero 150 Calorie Pints (ice cream)  
Almond Dream Lil' Dreamers Vanilla Frozen Sandwich  
Back to Nature Cookies (flavors include Peanut Butter Creme, Chocolate Chunk and Cranberry-Pecan Granola)  
Barbara's Bakery Snackimals (including the following flavors: chocolate chip, chocolate and snickerdoodle)  
Breyer's Pure Fruit Bars & Berry Swirls  
Diana's Bananas Banana Babies Dark Chocolate Frozen Dessert  
Healthy Valley Amaranth Graham Crackers  
Lucy's Gluten-Free Ginger Snaps  
Mi-Del All Natural Maple Munchies Cookies  
So Delicious Chocolate Minis Sandwiches  
So Delicious Purely Decadent Cherry Amaretto (ice cream)  
Soy Dream Vanilla Lil Dreamers Frozen Sandwich  
Vitalicious Deep & Velvety Chocolate VitaBrownies

## Condiments

Annie's Horseradish Mustard  
Annie's Organic Buttermilk Dressing  
Extra Virgin Olive Oil  
Hot Sauce  
Hummus  
Malt/Red/White Vinegar  
Newman's Own Balsamic Vinaigrette  
Ready-Pac Pico de Gallo  
Spectrum Golden Balsamic Vinaigrette  
Wholly Guacamole

## Snacks

Ak Mak Crackers  
Chiquita Pineapple Bites  
Eden Organic Brown Rice Chips  
Food Should Taste Good All-Natural Olive Chips  
Greek Yogurt  
Laughing Cow Light Creamy Swiss Cheese  
Orville Redenbacher's Smart Pop! (94% Fat Free) Mini Bags  
Snyder's of Hanover Organic Whole Wheat & Oat Pretzel Sticks  
Stacy's Simple Naked Pita Chips  
Tostitos Blue Corn Tortilla Chips  
Wasa Whole Grain Crackers