

## Shopping list

### Drinks

100 % Fruit juice  
Gatorade  
Ginger tea  
Tea  
Water  
Vitamin waters  
Crystal light  
Ginger ale  
Lemon lime drink

### Cereals

Cereals high in fiber  
Oatmeal  
Granola  
Cheerios  
Cornflakes

### Protein

Egg whites  
Lean luncheon meats  
Canned tuna or salmon  
Tuna fish  
Ground meats such as beef, chicken, turkey,  
or buffalo (taco, chili, hamburgers)  
Chicken breast  
Fish  
Lean beef  
Pork chops thin sliced (cooks quicker)  
Whey protein powder (shakes)  
Protein bars with <9 grams per bar  
Nut butters such as almond or peanut  
Peanuts  
Walnuts  
Almonds  
Cashews  
Pistachios  
Beans

### Carbohydrates

Whole-wheat bread  
Whole-grain rice  
Whole-grain pasta  
Pita bread  
Tortillas flour or corn  
Pretzels  
Chips of choice (100 calorie packs)  
Popcorn (100 calorie packs)  
Bagels  
Crackers  
Vanilla Wafers  
Rice cakes

### Fruits

Bananas  
Oranges  
Apples  
Blueberries  
Strawberries  
Mango  
Melon  
Grapes  
Kiwi  
Pears  
Pineapple  
Grapefruit  
Nectarines  
Plums  
Prunes  
Raspberries  
Papayas  
Peaches  
Cherries  
Applesauce  
Canned fruit in fruit juice  
Dried fruit  
Trail mix with fruit and nuts

### Vegetables

Frozen vegetables  
Steam bag vegetables  
Bag of salad  
Any pre-cut vegetables  
Celery  
Carrots  
Tomatoes  
Cucumber  
Broccoli  
Cauliflower  
Avocado  
Onion  
Green beans  
Corn  
Mushrooms  
Edamame  
Yams/Sweet potatoes  
Squash  
Beets  
Brussels sprouts  
Cabbage  
Potatoes

\*Cabbage, broccoli, cauliflower are gas forming vegetables.

\*Try to avoid using frozen vegetable in cheese or butter sauces.

Disclaimer: Always consult your doctor to find the treatment that is right for you. Individual results may vary.

**Dairy**

String cheese  
Cottage cheese  
Greek Yogurt  
Milk (best to use skim)  
Soy milk  
Almond milk  
Cheese  
Pimento cheese  
Cream cheese  
Feta cheese  
Ice cream  
Pudding

**Other Foods**

Jell-O  
Sherbet  
Salsa  
Stevia or Sweetner of choice  
Frozen Meals  
Soup

**Misc Vitamins, Minerals and such**

Zinc  
Vitamin C  
Multivitamin  
Arnica Montana (don't exceed 10 days) and  
Bromelain are supposed to help reduce  
swelling and bruising  
Probiotic (for yeast infection)  
Laxative  
Stool Softener  
Tylenol

**Other Helpful Items**

Paper plates  
Plastic cups  
Whistle  
TV tray  
Bendy straws  
Dry shampoo  
Wet-wipes  
Back scratcher  
Journal/pens  
Books/magazines  
Movies  
Grabber thing  
Wedge pillow/back pillow with armrest  
Moisturizer  
Ice chest  
Lip balm  
Lamp/flash light  
Hand-held mirror  
Ponytail holders/head band

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