



BUILD-A-BOWL



FORK
FRIENDLY

1. Pick Your Veggies

Leafy Vegetables



Product

Hearts of Romaine
Italian Blend
Very Veggie
Spinach

Serving

1/2 pkg
1/2 pkg
1/3 pkg
1/2 pkg

Non-Starchy Vegetables



Just Veggies
Cherry Tomatoes
Baby Cut Carrots (6 g carbs)
Newman's Own Chunky Salsa

1/4 pkg
8 tomatoes
9 carrots
4 Tbsp

25 calories - 0g carbs

2. Add Protein

Cheese



Product

Breakstone Low Fat Cottage Cheese
President's Fat Free Feta Cheese
Baby Bell Mini Light
HEB 2% Mozzarella Shredded
Sargentino Light String Cheese

Serving

1 serving
1/3 container
2 Circles
1/3 c.
2 tubes

Poultry



Tyson Grill & Ready Chicken
Great Value Premium White Chicken Salad Pouch
Oscar Mayer Slow Roasted Turkey
Starkist Chicken Creations Chicken Salad
Swanson White Chunk Chicken-Lemon

3 oz
1 pouch
1/2 pkg
1 pouch
1 pouch

Fish



Bumble Bee Solid White Albacore
Starkist Low Sodium Chunk Light
Chicken of Sea Skinless & Boneless Pink

1 can
1.5 pouch
1 pouch

Shakes



Muscle Milk: Zero Protein Shake
Ensure: Light Nutrition Shake
Vital Proteins Collagen Water
Protein N2O Water

1 bottle
1 bottle
1 bottle
1 bottle

100 calories - 0g carbs

3. Flavor with Healthy Fat



Avocado/Nuts



Product

Avocado
Almonds
Peanuts
Walnuts
100 Calorie Pack Nuts
Wholly Guacamole

Serving

1/4 fresh avocado
7 whole
5 shelled nuts
4 halves
1/2 pack
1/2 pouch

Dressing/Oils



Colavita Olive Oil
Tessemae's

- Lemon Pepper Dressing
- Classic Italian

Ken's Steak House Lite Dressing

- Sweet Vidalia Onion (5 g carb)
- Raspberry Walnut Vinaigrette (4 g carb)

Kraft Avocado Oil Mayo

1/2 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

50 calories - 0g carbs

4. Salad Toppers



Product

NY Texas Toast Croutons Garlic/Butter
Pita Pal Roasted Red Pepper Hummus
Spectrum Chia Seeds
Second Nature California Medley
The Good Bean ChickPeas Sea Salt
The Good Bean Fava & Peas Sea Salt

Serving

4 Tbsp
2 Tbsp
1 heaping Tbsp
3 Tbsp
2 Tbsp
2 Tbsp

75 calories - 10g carbs

5. Starchy Veggies/Legumes



Campbell's Chunky Healthy Request Chick Noodle
Del Monte Peas No Salt Added
Del Monte Whole Kernel Corn No Salt Added
Goya Black Beans Reduced Sodium
Goya Chick Peas Reduced Sodium

1/2 c.
1/2 c.
1/2 c.
1/3 c.
1/3 c.

75 calories - 15g carbs

6. Fruit/Yogurt

Fresh



Product

Serving

Banana	1/2
Berries	1 cup
Whole Fruit	1 small

Packaged



Brother's Banana	1 bag
Crisps Freeze Dried Strawberries	2 packs
Del Monte Diced Peaches No Sugar Added	2 cont.
Del Monte Mandrine Oranges No Sugar Added	1 cont.
Motts Applesauce (20 g carb)	2 pounces
Pom Poms Pomegranate	1/4 container

Yogurt



Dannon Light & Fit Greek Yogurt (8 carb)	1 carton
Oikos Triple Zero (120 calories)	1 carton
Chobani Original Plain (120 calories)	1 carton

75 calories - 15g carbs

7. Whole Grains

Crackers



Blue Diamond Nut Thins Mutli Seed	10 crackers
Nabisco Triscuit	5 crackers
Nabisco Reduced Fat Wheat Thins	12 crackers.

Snack Chips



Skinny Pop Popcorn	1 single pkt
Sun Chips Original	11 chips
Late July Tortilla Chip (Kroger only)	10 chips

Other



Bear Naked Fit Granola - Vanilla Almond	3 Tbsp
Uncle Ben's Ready Rice Brown (20 g carb)	1/2 c. cooked
Quaker Lightly Salted Rice Cake	2.5 cakes
Dave's Killer Thin Sliced 21 Grain	1 slice
Ole Xtreme Wellness! High Fiber Keto Wraps	1 wrap

100 calories - 15g carbs

☆ All product selections meet Fork Friendly nutrient criteria