

Jessica McAllister, RD
REGISTERED DIETITIAN



Soups

Progresso Light Zesty Santa Fe Style Chicken Soup, 18.5 oz
Progresso Reduced Sodium Southwest Style Black Bean & Vegetable Soup, 18.5 oz
Progresso Traditional Italian-Style Wedding Soup, 18.5 oz
Progresso Vegetable Classics Minestrone Soup
Progresso Vegetable Classics Lentil Soup, 19 oz
Progresso Light Chicken Noodle Soup, 18.5 oz
Progresso Reduced Sodium Creamy Tomato with Basil Soup, 19 oz
Amy's Vegetable Barley Soup, 4.1 Fl Oz
Campbell's Well Yes! Southwest-Style Chicken Tortilla Soup, 16.3 oz
Amy's Lentil Soup, 14.5 Fl Oz
Amy's Organic Chunky Vegetable Soup, 14.3 Fl Oz
Amy's Organic Lentil Vegetable Soup, 14.5 Fl Oz
Amy's Lentil Vegetable Soup, 14.5 Fl Oz

THE DIETITIAN APPROVED QUICK LUNCH AND DINNER GROCERY LIST

Frozen Meals

Amy's Thai Green Curry, 10 oz
Amy's Sweet & Sour Organic Broccoli Tofu & Quinoa Bowl, 9 oz
Amy's Black Bean & Vegetable Enchilada, 9.5 oz
Amy's Mushroom Risotto Bowl, 9.5 oz
Amy's Black Bean Tamale Verde, 10.3 oz
EatingWell Creamy Pesto Chicken, 10 oz
Amy's Indian Mattar Paneer, 10 oz
Amy's Brown Rice Black-Eyed Peas and Veggies Bowl, 9 oz
Amy's Chinese Noodles & Veggies, 9.5 oz
Amy's Chili Relleno Bowl, 9 oz
Amy's Vegetable Lasagna, 9.5 oz
Amy's Gluten Free Non-Dairy Black Bean Vegetable Enchilada, 9.5 oz
Amy's Bowls 3 Cheese & Kale Bake, 8.5 oz
Smart Ones Delicious Mexican Flavors Chicken Enchiladas Suiza, 9 oz
Amy's Gluten Broccoli Cheddar Bake, 9.5 oz
Smart Ones Delicious Mexican Flavors Santa Fe Rice & Beans, 9 oz
Amy's Cheese Enchilada, 9 oz
Amy's Pesto Tortellini Bowl, 9.5 oz



Check with your local grocery store for availability.