

# TRUCKER GROCERY IDEAS

## FRUITS

Non Refrigerated -Apples, Bananas, Oranges, Berries, Peaches, Nectarines, Canned Fruit (in light syrup), Dried Fruits

## VEGETABLES

Fridge/Freezer -Carrots, Broccoli, Celery, Bell Peppers, Cucumber, Snap-peas. Or Canned low-Sodium Vegetables

## FISH & MEAT

Canned Chicken, Tuna, and Sardines (in water). Fridge/Freezer- Grilled Chicken, Low-Sodium Deli Meat, Tilapia.

## SNACKS

Air Popped-Popcorn, Dry Roasted Nuts/Seeds (trailmix), Baked Corn or Pita (hummus, guacamole, or salsa)

## DAIRY

Low-fat Dairy Products - Greek Yogurt, String Cheese Sticks, Cottage Cheese, Milk/Milk Alternative

## DRINKS

Water, Sparkling Water, 100% Fruit Juice, Tea/Decaf Tea, Coffee/Decaf Coffee

## GRAINS

Whole-Grain Bread, Pasta, Cereal, Oatmeal, Pretzels, Brown Rice, Quinoa, Granola Bars

## OTHER

Fun Foods! It is important to allow yourself the foods you enjoy. All foods can fit into a healthy, balanced, diet.