

## Low Protein Foods Grocery List



### **Walmart**

\*Products may not be at all stores

Peanut spread – Walden Farms  
(on peanut butter aisle)  
Sensible Portion veggie chips & veggie  
straws  
Energy-G Foods Tapioca bread  
Seneca Apple chips – all flavors  
LaTiara taco shells  
Haagen Dazs Cranberry Blueberry or Zesty  
Lemon Sorbet  
Haagen Dazs Mango, Raspberry or  
Strawberry Sorbet  
Tastykake Mini Donut with Powdered Sugar  
Buddy Fruit (apple and banana blend)  
Nature's Harvest Banana Chips  
Nature's Harvest Island Trio (dried fruit)  
Nature's Harvest Pineapple (dried fruit)  
Nature's Harvest Plantains (dried fruit)  
Great Value Strawberry Syrup  
Ovaltine Rich Chocolate drink mix  
Great Value All Natural Dried Cranberries  
Great Value Tropical Dried Fruit Mix  
4C Gluten Free Plain Bread Crumbs  
Schar Gluten Free Classic White Bread  
Glutino Gluten Free Vanilla Creme Cookies  
Great Value Gluten Free Pretzels  
Glutino Gluten Free Toaster Pastry  
McCormick Sesame Chicken Stir-Fry Skillet  
Sauce  
GoGo Squeeze Applesauce  
Mott's Applesauce & Mango Peach squeeze  
snacks  
Del Monte Diced Peaches fruit cups  
Great Value Mandarin Oranges fruit cup  
Yucatan Guacamole  
Imperial Vegetable Oil Spread  
Dynasty Maifun Rice Sticks  
(thin white Asian noodles)  
Dynasty Saifun Bean Threads (Asian aisle)  
La Choy Stir Fry Vegetables  
(Asian aisle-canned)  
Sandwich Mate Singles Cheese, American  
or Swiss flavor

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### **Dollar Tree**

Wise Onion Rings  
Sunny Acres American Cheese Slices

### **DOLLAR GENERAL**

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Tastykake Mini Donut with Powdered Sugar  
Clover Valley Taco Sauce  
Clover Valley Thick & Chunky Salsa  
Southeastern Mills Country Gravy Mix  
TGI Potato Skins  
(Jalapeno or Cheddar & Bacon)  
Hershey's Strawberry Syrup  
Clover Valley Sandwich Slices  
Imperial Margarine  
Smart & Simple Mayonnaise  
Sweet Baby Ray's BBQ Sauce  
Smart & Simple Grated Topping with  
Parmesan  
Fiber One 90 Calorie Lemon Bars  
Little Debbie Caramel & Crisp Rice Star  
Crunch Cookies



### **Family Dollar**

Wise Onion Rings



### **Meijer**

Glutino Snack Pack Pretzels

### **Most Grocery Stores**

Sandwich Mate Singles Swiss or American  
cheese  
Shred Mate Imitation Mexican or  
Mozzarella Ched-O-Mate Shredded  
Imitation Cheddar Cheese  
Valu Time Sandwich Slices Imitation  
Cheese King Arthur GF Cookie Mix

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**Kroger**

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- So Delicious Coconut Yogurt (all flavors)
- So Delicious Purely Decadent Ice Cream  
(cherry, amaretto, coconut, cookie  
dough, green tea, passion mango,  
pomegranate chip, turtle trails, vanilla,  
or vanilla bean flavors)
- Mozzarella Imitation Cheese
- Follow Your Heart Vegenaïse (mayo  
substitute)
- Magic Pop cracker cakes  
(miscellaneous bakery section)
- Dried papaya chunks (trail mix section)
- Dried Mango slices (trail mix section)
- Dried pineapple chunks (trail mix section)
- Glutino Gluten Free Pretzel Twists
- Glutino Gluten Free Pretzel Sticks  
(refrigerated section of gluten free/health  
aisle)
- Namaste Foods Gluten Free Pizza Crust Mix  
(makes 2 pizzas \$6.99)
- Chebe Gluten Free Pizza Crust Mix (\$4.59)
- Ener-G Egg Replacer (gluten free aisle  
\$5.79)
- Ener-G Light Tapioca Loaf  
(gluten free aisle \$3.99)
- Ener-G Brown Rice Loaf (\$3.99)
- Imagine Creamy Butternut Squash Soup  
(gluten free aisle \$3.69)
- Pacific Tortilla Soup Base  
(gluten free aisle \$4.19)
- Simple Truth Organic Vegetable Broth  
(gluten free aisle \$2.99)
- Simple Truth Free Range Chicken Broth  
(gluten free aisle \$2.99)
- Rice Dream Rice Drink  
(original or vanilla \$2.19)
- Rice Dream (chocolate)
- Dynasty Maifun Rice Sticks (Asian aisle)
- Old El Paso Taco Shells
- Breton Gluten Free Herb and Garlic  
Crackers

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**Trader Joe's**

- Cookie Butter
- Vegetable Bird's Nest (freezer aisle)



**Whole Foods**

- Tapioca Loaf (freezer section \$5.00)
- Follow Your Heart Vegenaïse (mayo  
substitute)
- No Oodle Shiratake noodles  
(in a refrigerated section)
- Glutino Snack Pack Pretzels