

# LOW PROTEIN SHOPPING LIST

## Vegetables

- Bell Pepper
- Cauliflower
- Carrots
- Celery
- Onions
- Cucumbers
- Lettuce
- Spinach
- Zucchini
- Avocado

## Fruit

- Apples
- Cantaloupe
- Peaches
- Oranges
- Apricots
- Bananas
- Cherries
- Dried Fruits
- Jackfruit (canned in brine)

## Dairy

- Daiya Dairy-Free Cheese Alternatives
- Violife Cheese Alternatives
- Chao Cheese Alternatives
- Good Planet Slices and Shreds
- Tofutti or Green Valley Cream Cheese and Sour Cream
- Nondairy Creamer
- Rice or Coconut Milk
- So Delicious Coconut Yogurt
- Chobani Coconut Non-Dairy Treat
- Shred Mate Imitation Cheese
- Sandwich Mate Singles Swiss or American Cheese

## Breads/Dry Packaged Foods

- Schar Gluten Free White Bread
- Schar Gluten Free Pizza Crust
- Pepperidge Farm Very Thin Sliced Bread
- Old El Paso Taco Shells
- Mission GF Street Taco Tortillas – Yellow Corn
- Siete Grain Free – Cassava Flour Tortillas
- Bean Threads
- Puffed Rice Cereal

Remember to always check the nutrition facts label to verify actual protein content in each of these foods. Always consult with your healthcare provider to make sure that these foods are right for you. All product names appearing on this list are the property of their respective owners and Aeglea is not affiliated with the product brand names mentioned.

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## Snack & Sweets

- Veggie Straws
- Snyder's Gluten Free Pretzels
- From the Ground Up Cauliflower Crackers
- Siete Grain Free Tortilla Chips
- Plantain Chips
- Apple Crisps
- Applesauce
- Olive Cups
- Glutino Gluten Free Original Crackers
- Pickles
- That's It Fruit Bars
- Enjoy Life Cookies
- Siete Grain Free Cookies
- Boom Chicka Pop – Sweet, Salty Kettle Corn
- Fruit Snacks
- So Delicious Dairy Free Ice Cream
- Sorbet

## Condiments

- Biscoff or Store Brand Cookie Butter
- Canned Cheese Sauce
- Salsa
- Tostitos Salsa Con Queso
- Lays French Onion Dip
- Tostitos Creamy Spinach Dip
- Mustard
- Vinegar
- Tomato Sauce
- BBQ Sauces
- Salad Dressings
- Honey

## Cooking

- Cornstarch
- Cooking Oils
- Egg Replacer
- Dried or Fresh Herbs
- McCormick Seasoning Packets
- Tapioca Flour
- Cassava Flour
- Stocks
- Better Than Bouillon Bases
- Heinz Pre-Made Gravies

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