

Lower Sodium Foods List

BREAKFASTS

BISCOTTI BITES
BREAKFAST BURRITO
BUTTERMILK WAFFLES
CHERRY CHEESE ROLL
CHOCOLATE CHIP GRANOLA BAR
CINNAMON BUN BAR
CINNAMON RAISIN BAGEL
CINNAMON ROLL
FRENCH TOAST
GRANOLA CEREAL
HOMESTYLE PANCAKES
HONEY WHEAT BAGEL
MAPLE BROWN SUGAR OATMEAL
PEANUT BUTTER OAT BAR
SAVORY MAPLE WOMELET
CHEDDAR CHEESE OMELET*

LUNCHES

BBQ STYLE CHICKEN BURRITO
BEAN AND BACON SOUP
BEEF, BEAN & CHEESE BURRITO
CHEWY TRAIL MIX BAR
CHOCOLATE PEANUT BUTTER BAR
CHOCOLATY FUDGE GRAHAM BAR

LUNCHES

CLASSIC TUNA SALAD
DOUBLE CHOCOLATE CARAMEL BAR
FOUR CHEESE MELT
GRILLED CHICKEN SANDWICH
LOADED MASHED POTATO
SOUTHWEST FIESTA MELT
SPICY UNCURED PEPPERONI PIZZA MELT
SPINACH & CHEESE PRETZEL MELT
SWEET & TANGY TUNA SALAD

DINNERS

ARTICHOKE & SPINACH STUFFED
CHICKEN BREAST
BISTRO-STYLE TOASTED RAVIOLI
CHICKEN WITH BBQ SAUCE
CHICKEN BACON RANCH QUESADILLA
CHICKEN ENCHILADA
CHICKEN FETTUCCINE ALFREDO
CHICKEN PARMESAN
CHICKEN STREET TACOS
CLASSIC TUNA SALAD
GARLIC CHEESE FLATBREAD
MAC & CHEESE
MAC & CHEESE WITH TURKEY SAUSAGE

*Jenny Craig Item

Last updated April 2, 2025

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DINNERS

MARGHERITA PIZZA
MEATBALLS IN MARINARA SAUCE
MEATLOAF SANDWICH
MEDITERRANEAN FLATBREAD
RAVIOLI FORMAGGIO
RAVIOLI WITH MEAT SAUCE
SALISBURY STEAK WITH MAC & CHEESE
SOUTHWESTERN STYLE CHICKEN
THICK CRUST PIZZA
SEASONED STEAK*
MEATLOAF & VEGETABLE MEDLEY*

SNACKS

CHEWY PEANUT BAR
CHOCOLATE BROWNIE SUNDAE CUP
CHOCOLATE CHIP COOKIES
CHOCOLATE CHUNK COOKIE
CHOCOLATY FUDGE BAR
ORANGE CREAM BAR
TOFFEE CRUNCH COOKIES
WALNUT CHOCOLATE CHIP COOKIES

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