CAFEITY · FREE PRINTABLE

Week of _____

Grocery list for low-appetite weeks

Small packs, ready-to-eat protein, foods that are easy to drink or eat in a few bites, and a few comforts. Tick what you need; cross out what you will not eat.

Ready-to-eat protein

- [ ] Greek yoghurt (plain)
- [ ] Cottage cheese
- [ ] Eggs (boil a batch)
- [ ] Cheese portions or string cheese
- [ ] Rotisserie chicken
- [ ] Sliced deli turkey or chicken
- [ ] Canned tuna or salmon
- [ ] Tofu, firm or silken
- [ ] Hummus
- [ ] Frozen edamame

Drinkable and soft

- [ ] Milk or soy milk
- [ ] Kefir or drinkable yoghurt
- [ ] Broth or a light soup
- [ ] Frozen fruit for smoothies
- [ ] Ready-to-drink protein shakes
- [ ] Instant oats

Gentle starches

- [ ] Crackers
- [ ] Bread for toast
- [ ] Microwave rice pouches
- [ ] Potatoes
- [ ] Plain pasta or noodles
- [ ] Bananas

Easy fruit and vegetables

- [ ] Applesauce or fruit cups in juice
- [ ] Melon or grapes
- [ ] Frozen berries
- [ ] Steam-in-bag frozen vegetables
- [ ] Cucumber or cherry tomatoes
- [ ] Avocados

Fibre helpers

- [ ] Prunes or prune juice
- [ ] Kiwi fruit
- [ ] Pears
- [ ] Chia seeds or ground flaxseed
- [ ] Canned lentils or beans
- [ ] Whole-grain crackers

Fluids and comfort

- [ ] Water and sparkling water
- [ ] Ginger tea
- [ ] Peppermint tea
- [ ] Ice lollies
- [ ] Oral rehydration sachets (ask a pharmacist)
- [ ] Something you love, in a small portion

ALSO THIS WEEK

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STORAGE REMINDERS

Refrigerate cooked food within 2 hours. Eat leftovers within 3 to 4 days, or freeze them in small portions. Check the date and storage line on every pack.