

Parkinson's Pro Lower Protein Convenience Foods

Ready-to-Eat Meals

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
365 (Whole Foods) Cauliflower Gnocchi	310	5g	7g	770 mg	10g	GF/DF
Amy's Bowls: Brown Rice Black-Eyed Peas and Veggies	290	9g	10g	590mg	5g	Good source of potassium and iron. GF/DF
Amy's Gluten Free/ Non Dairy Burrito	300	8g	8g	560 mg	5g	GF/DF
Amy's Light in Sodium Black Bean and Vegetable Enchiladas	330	10g	12g	360mg	6g	Good source of potassium and calcium
Amy's Pizza: Mushroom & Olive (3 servings)	260	10g	11g	530mg	2g	Good source of calcium
Amy's Pizza: Roasted Vegetable, no cheese (3 servings)	290	7g	10g	540mg	3g	
Banza Pizza Plant Based (½ pizza)	440	10g	19g	620 mg	6g	GF/DF
Dr. McDougall's Black Bean Soup	160	8g	1g	280mg	5g	
Dr. McDougall's Garden Vegetable Soup	90	3g	0.5g	280mg	3g	
Dr. McDougall's Lentil Soup	140	8g	1g	280mg	10g	
Dr. McDougall's Minestrone Soup	100	4g	0.5g	480mg	5g	
Dr. McDougall's Tortilla Style Soup	130	6g	1g	480mg	4g	
Feel Good Foods Gluten-Free Vegetable Egg Rolls	100	2g	2g	230mg	1g	
Feel Good Foods Gluten-Free Vegetable Potstickers	130	2g	3g	420mg	2g	
Healthy Choice Frozen Unwrapped Burrito Bowl	270	9g	4g	350mg	12g	Good source of iron
Maya Kaimal Creamy Chickpea and Kale Soup	270	3g	16g	570mg	3g	
Maya Kaimal Spiced Lentil Soup	190	6g	7g	590mg	4g	
Pacific Foods Creamy Cumin Carrot Soup	100	3g	3g	380mg	2g	

Pacific Foods Creamy Garden Tomato Soup	100	3g	2.5g	410mg	2g	
PlantStrong Carrot Chickpea Stew	180	6g	4g	230mg	2g	
PlantStrong Firehouse Chili	180	10g	1g	180mg	6g	
PlantStrong Kitchari Indian Lentil Stew	140	6g	1g	210mg	4g	
PlantStrong White Bean Chili	170	7g	3.5g	260mg	5g	
Sweet Earth Frozen Cauliflower Mac	290	9g	10g	460mg	2g	Good source potassium, vit C, Vegan / DG
Tres Latin Foods Black Bean and Sweet Corn Pupusas	130	4g	3.5g	170 mg	4g	GF/DF

Meal Components / Sides / Starches / Breads

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
A Dozen Cousins: Cuban Black Beans	80	6g	2g	420mg	9g	
A Dozen Cousins: Mexican Cowboy Pinto Beans	90	6g	2g	420mg	10g	
A Dozen Cousins: Trini Chickpea Curry	150	7g	3.5g	490mg	7g	
A Dozen Cousins: Classic Refried Pinto Beans	80	5g	2g	470mg	8g	Good source of iron. Microwavable pouch.
A Dozen Cousins: Trini Chickpea Curry	150	7g	3.5g	490mg	7g	Good source of iron. Microwavable pouch.
Afia Falafel Mix	90	2g	6g	450mg	2g	
Amy's Organic California Burger	150	6g	5g	550mg	4g	
Andean Dream Quinoa and Amaranth Pasta	210	5g	1g	0g	3g	GF/DF
Banza Pasta (Chickpea)	190	13g	1.5g	45g	5g	GF/DF
Base Culture Sourdough Bread (frozen section)	100	3g	6g	200 mg	3g	GF/DF
Canyon Bakehouse Whole Grain Bread	110	3g	2.5g	190mg	<1g	GF/DF/NF/SF
Capello's Almond Flour Pasta, Spaghetti	140	4g	7g	380mg	1g	

Caulipower Cauliflower Tortilla	120	3g	1g	310mg	3g	GF
Ezekiel 4:9 Flax Tortillas	150	7g	3.5 g	115 mg	5g	Contains sprouted wheat
Fillo's Cuban Black Beans Sofrito	160	8g	4g	380mg	6g	
Fillo's Peruvian Lentils Sofrito	180	10g	4g	370mg	5g	
Fillo's Puerto Rican Pink Beans Sofrito	150	7g	4g	460mg	5g	
Flax for Life Blueberry Muffins (other flavors exist too)	330	10g	17g	370 mg	8g	GF/DF
Howl Vegan Mac & Cheese: Sharp Cheddar	250	10g	4.5g	450mg	3g	
Manini's Gluten-Free Pizza Crust	120	1g	3.5g	190mg	1g	
Rudi's Organic English Muffins: Multigrain with Flax	140	4g	1.5g	230mg	2g	
Siete Grain Free Tortilla: Burrito Size	190	2g	7g	340mg	4g	GF/DF/SF
Sonoma Ivory Teff Tortillas	200	2g	6g	370mg	4g	
Tolerant Red Lentil Pasta (also Barilla Red Lentil Pasta)	200	14g	1.5g	0g	6g	GF, good source of protein and fiber
URosti Stuffed Baked Potato	100	2g	4.5g	220mg	1g	GF
Your Organics Black Beans	110	7g	0g	125mg	5g	Good source of calcium, potassium. Microwavable pouch.

Grab-and-Go Breakfast

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
Blendtopia Superfood Smoothie Kit: Detox	60	2g	1.5g	25mg	2g	High in Vitamin C
Blendtopia Superfood Smoothie Kit: Energy	70	1g	1g	0mg	3g	High in Vitamin C
Bob's Red Mill Gluten Free Classic Oatmeal Cup	210	7g	5g	160mg	7g	Good source of iron
Bob's Red Mill Organic Fruit and Seed Oatmeal Cup	280	9g	7g	210mg	8g	Good source of iron
JUST Egg Sous Vide Plant Egg Bites	160	8g	7g	450mg	0g	

Mush (oats and chia seeds)	201 - 250	6-7g	6g	115mg	5g	GF/DF
Nature's Path organic vegan GF buckwheat wildberry toaster waffles	220	2g	7g	350mg	2g	
Van's 8 Whole Grains Multigrain Waffles 6 Count	160	5g	5g	290mg	4g	Good source iron, calcium
Vital Farms Hardboiled Eggs	60	6g	4g	60mg	0g	

Dairy Alternatives

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
Almond Breeze Unsweetened Vanilla Almond Milk	30	1g	2.5g	170mg	<1g	High in Vitamin D, Calcium, Vitamin E. Good source of Vitamin A.
Califa Farms Oat Creamer	25	0g	1g	10mg	0g	DF, Oatmilk
Califa Unsweetened Creamer	15	0g	1g	15mg	0g	
Califia Farms Oat + Almond Plant Milk Blend	60	2g	2g	150mg	<1g	High in Vitamin A, Vitamin D, and Calcium
Culina Plant-Based Yogurt: Bourbon Vanilla	220	2g	19g	10mg	1g	
Follow Your Heart DF Cheeses	60	0g	4.5g	180 mg	0g	Melts well
Forager Project Organic Cashew Milk Unsweetened	80	2g	6g	10mg	0g	
Forager Project Organic Dairy Free Oat Milk	130	0g	5g	65mg	2g	
Forager Project Organic Probiotic Cashew Milk Yogurt: Unsweetened Plain	120	3g	8g	10mg	1g	
Forager Sour Cream	30	0g	2g	25mg	0g	
Good Karma Flaxmilk Unsweetened	60	8g	3g	190mg	0g	High in Calcium, Vitamin B12. Good source of Vitamin D, Vitamin A, Phosphorus.
GT's Cocoyo Coconut Yogurt: Pure	90	3g	6g	15mg	4g	

GT's Cocoyo Coconut Yogurt: Vanilla	90	3g	6g	20mg	4g	
Kite Hill Cream Cheese, Plain	70	2g	6g	200mg	1g	
Kite Hill Protein Yogurt	130	10g	6g	85mg	1g	Good source of iron
Kite Hill Sour Cream	50	1g	5g	15mg	0g	
Kite Hill Tzatziki	30	1g	2g	75mg	0g	
Laird Superfood Creamer, Unsweetened	15	0g	1.5 g	0mg	0g	
Lifeway Cultured Oat Milk: Berries and Cream	140	4g	2g	15mg	2g	
Miyoko's Butter	90	0g	10g	65mg	0g	
Miyoko's Cashew Milk Cream Cheese	90	3g	8g	115mg	1g	
Nut Pods Almond and Coconut Creamer	10	0g	1g	0mg	0g	DF
Oatley Oat milk	160	3g	9g	100 mg	2g	DF, Oatmilk
Oatly Oatgurt Plain	160	3g	8g	10mg	1g	Good source of calcium
Siggi's Plant-Based Coconut Blend Yogurt	170	10g	10g	5mg	1g	
Silk Unsweetened Vanilla Almond Milk Yogurt Alternative	180	6g	15g	60mg	6g	Good source calcium, vit D Probiotic
So Delicious Wondermilk Milk Alternative	90	1g	8g	160mg	3g	High in Vitamin A, Vitamin B12, Calcium, Riboflavin. Good source of Vitamin D, Phosphorus.
SoDelicious Organic Creamer, Coconut Milk	20	0g	1g	15mg	0g	
Tofutti Sour Cream	85	1g	5g	100mg	0g	
Violife Cream Cheese	70	0g	7g	140mg	0g	Nut-free
Violife French Onion Dip	60	0g	5g	160mg	0g	
Violife Spinach Artichoke Dip	50	0g	5g	220mg	0g	

Snack Items

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
365 (Whole Foods) Black Sesame Rice Crackers	130	3g	3g	140 mg	1g	GF/DF
Bobs Red Mill Oat Crackers	130	3g	4.5g	280mg	2g	DF/GF
Brad's Everything Zucchini Veggie Flats	140	6g	9g	210mg	4g	
Brad's Sea Salt Cauliflower Veggie Flats	130	6g	9g	260mg	4g	

Edward & Sons Organic Brown Rice Snaps: Unsalted Plain	60	1g	0g	0mg	0g	DF/GF
Fin Crisp Sourdough Rye Crackers	40	1g	0g	70mg	3g	DF
Flackers Flax Seed Crackers (multiple varieties)	140	4-6g	8g	160 - 260 mg	5-9g	Good source of Magnesium, Zinc, Manganese.
From the Ground Up Cauliflower Crackers	110	2g	2g	330mg	2g	GF/DF
GG Gluten Free Fiber Crispbread	40	2g	1.5g	35mg	3g	GF/GF
Hu Grain Free Crackers: Everything	110	3g	6g	290mg	3g	DF/GF/SF
Lesley Stowe Raincoast Oat Crisps	70	3g	2.5g	100 mg	2g	GF/DF
Lesser Evil Himalayan Pink Salt Popcorn	120	2g	6g	190mg	4g	GF
Lesser Evil Popcorn (Other good brands - Skinny Pop and Boom Chicka Pop)	110	3g	4g	190mg	5g	Made with coconut oil
LivBars, Ginger Lemon Turmeric	220	6g	14g	10mg	3g	DF/GF
Mary's Gone Crackers: Original	140	4g	5g	180mg	3g	DF/GF
Mary's Gone Crackers: Super Seed	150	5g	7g	280mg	3g	DF/GF
Pan's Mushroom Jerky, Original Flavor	110	1g	7g	250mg	6g	
Sambazon Acai Bowl	230	3g	6g	30mg	4g	Frozen. Good source of Vitamin C
Simple Mills Almond Flour Crackers	150	3g	8g	230 mg	2g	GF/DF
WASA Crackers	35	2g	0g	65mg	3g	DF
Wholly Veggie Buffalo Cauliflower Wings	155	2g	6g	490mg	2g	Frozen
Wholly Veggie Sweet Potato Popcorn Bites	146	3g	2.1g	291mg	2g	Frozen

Condiments

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
365 Brand (Whole Foods) Guacamole	50	<1g	4g	120mg	2g	
365 Brand (Whole Foods) Organic Tahini	190	6g	17g	50mg	<1g	

356 Brand (Whole Foods) Humus	80	2g	5g	105g	1g	GF/DF
Artisana Coconut Butter (Other coconut oil brands: Nutiva, 365 (Whole Foods))	110	1g	10g	5mg	3g	
Braggs Dressings and Condiments	90-150	very low	10 - 15	varies	low	Made with unprocessed oils - EVOO
California Olive Ranch Extra Virgin Olive Oil	130	0g	14g	0mg	0g	
Cava Traditional Hummus	45	2g	2.5g	115mg	1g	
Cedar's Baba Ghannouj	45	1g	3g	85mg	1g	
Chosen Foods Dressings and Condiments	90-150	very low	10 - 15	varies	low	Made with unprocessed oil like olive oil
Frontera Chicken Taco Skillet Sauce	40	>1g	1g	380mg	1g	
Frontera Ground Beef Taco Seasoning Sauce	20	0g	0g	370mg	>1g	
Frontera Red Chile Enchilada Sauce	35	>1g	2g	490mg	1g	
Gotham Greens Vegan Pesto	260	2g	28g	350mg	<1g	Vegan
NuttZo Keto Crunchy 7 Nut & Seed Butter	190	4g	18g	35mg	4g	GF
NuttZo Power Fuel Crunchy 7 Nut & Seed Butter	180	6g	15g	45mg	3g	Good source of iron
Primal Kitchen Dressings and Condiments	90-150	very low	10-15g	125 mg (varies)	low	Made with unprocessed oils like olive oil
Santa Cruz Organic Creamy Dark Roasted Peanut Butter	180	8g	16g	55mg	3g	High in Vitamin E, Niacin. GF
Spectrum Brand oils (Olive Oil)	130	0g	14g	0mg	0g	
Sunbutter Organic Sunflower Butter	220	8g	19g	<5mg	3g	GF

Sweet Treats

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
Cado, Avocado Ice Cream, Deep Dark Chocolate	170	1g	12g	45mg	1g	
Cado, Avocado Ice Cream, Vanilla Bean	170	0g	11g	45mg	0g	
Good Pop (Organic Popsicles)	25	0g	0g	0g	0g	DF
Made Good Cookies	160	1g	6g	85mg	1g	GF/DF

NadaMoo Mint Chip Ice Cream	200	1g	11g	45mg	6g	
NadaMoo Vanilla Bean Ice Cream	160	1g	9g	50mg	6g	
Oatly DF Ice Cream	200	2g	11	45	2	DF
Sambazon Acai Bites (Frozen)	50	0g	3g	0g	0g	DF
Siete Grain Free Cookies (Mexican Chocolate)	130	3g	4.5g	280 mg	2g	GF/DF
Simple Mills Chocolate Chip Cookies	150	2g	9g	130mg	1g	GF/DF
Violife Cocospread	70	0g	5g	10mg	0g	DF/SF/GF/NF

Bars

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
88 Acres: Dark Chocolate Sea Salt	200	6g	11g	115mg	3g	DF/GF/NF
Bobo's (full bar)	360	6g	14g	140mg	4g	GF/DF and great for weight gain
Cliff Stuffed Nut Butter Bar	230	7g	11g	160 mg	3g	GF/DF
Kate's Real Food: Peanut Butter Dark Chocolate	130	3g	6g	65mg	2g	GF/DF
Kind Bar (low sugar varieties)	180	6g	15g	140mg	7g	GF/DF
Kind: Cranberry Almond	160	5g	12g	20mg	5g	GF/DF
Lara bar	210	5g	12g	65mg	3g	GF/DF
Larabar: Chocolate Chip Cookie Dough	220	4g	12g	60mg	3g	DF/GF
Pro Bar (full bar)	400	11g	22g	150g	6g	GF/DF and great for weight gain
RxBar	210	12g	9g	260mg	5g	DF/GF
Skout Organic: Coconut Vanilla	230	10g	10g	20mg	7g	DF

Meal Replacement Shakes

Food Item and Brand	Calories per serving	Protein Per serving	Fat per serving	Sodium per Serving	Fiber per serving	Special Nutrients and Considerations
Evolve	150	20g	2.5g	250 mg	10g	Plant based, DF, Pea protein
Kachava (on line order)	240	25g	7g	475 mg	9g	Plant based, DF

Orgain Vegan	220	16g	7g	260 mg	1g	Plant based, DF, Pea and Chia protein
Owyn	170	20g	7g	205 mg	5g	Plant based, DF, Pea and Pumpkin seed protein

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