

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

**Abbreviations:** FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

## DAIRY

### **Cheese**

- RF shredded cheese
- RF/thin cheese slices
- Dairy-free cheese (check calorie counts): Lisanatti Foods, Go Veggie, Field Roast Chao, Daiya
- RF cheese snacks with 100 calories or less: Mini Babybel, Cabot Serious Snacking, Jarlsberg Minis
- Light/RF string cheese & cheese sticks
- Crumbled feta cheese
- The Laughing Cow cheese wedges
- Grated Parmesan cheese
- RF cream cheese
- LF or light ricotta cheese (part-skim has more calories)
- LF cottage cheese with & without fruit

### **Yogurt & Yogurt Swaps**

- FF/light yogurt
- Reduced-sugar yogurt: YQ by Yoplait, Chobani Less Sugar, Two Good

- FF & RF Greek yogurt plain & with fruit
- Probiotic yogurt: Dannon Activia
- Skyr: Icelandic Provisions, Siggis
- Non-dairy yogurt: Kite Hill, So Delicious, Oui by Yoplait

### **Egg Products**

- Liquid egg whites or FF liquid egg substitute
- Eggs
- Crepini Egg White Thins
- Just Egg Plant-Based Scramble

### **Milk & Milk Swaps**

- FF dairy milk
- Light vanilla soymilk
- Unsweetened almond or cashew milk (refrigerated or shelf-stable): try Blue Diamond's almond-cashew blend
- Unsweetened coconut milk beverage (refrigerated or shelf-stable): like Blue Diamond's almond-coconut blend

- Oat milk: Silk Oat Yeah
- Almond Breeze Almondmilk Blended with Real Bananas

### **Sour Cream & Butter**

- Light sour cream
- Light buttery spread, light butter, or whipped butter in a tub

## CEREAL

### **Cold Cereal**

- High-fiber bran cereal: Fiber One Original, All-Bran Original, Nature's Path Smart Bran
- Other cereals with about 150 calories & 4 grams of fiber per cup: Kashi Heart to Heart Warm Cinnamon Oat Cereal, Kashi by Kids, Fiber One Honey Clusters, Barbara's Puffins, Cheerios

### **Hot Cereal**

- Old-fashioned oats (for growing oatmeal & oat bakes)
- Steel-cut oats (for slow-cooker & Instant Pot oatmeal)
- Instant oatmeal packets

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

Abbreviations: FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

## MEAT & SEAFOOD

### **Poultry**

- Ready-to-eat skinless chicken breast: Tru Grill
- Boneless skinless raw chicken breast & turkey breast
- Lean chicken or turkey burgers (refrigerated or frozen)
- Fully cooked chicken sausage (refrigerated)
- Chicken or turkey meatballs
- Lean or extra-lean ground turkey (at least 93% lean)
- Lean or extra-lean ground chicken (at least 93% lean)
- Turkey pepperoni
- Turkey sausage patties

### **Beef**

- Extra-lean ground beef (96% lean)
- Extra-lean & lean steak (filet, flank, top round, top sirloin, strip, tenderloin, T-bone & shoulder)

### **Pork**

- Extra-lean & lean pork (tenderloin, top loin chops, top loin roast, center loin chops, center rib chops & sirloin roast)

### **Bacon**

- Center-cut bacon or turkey bacon
- Precooked real crumbled bacon or turkey bacon

### **Packaged & Deli Meats**

- Extra-lean turkey breast, chicken breast, ham & roast beef slices (look for natural and/or lower-sodium)
- Hot dogs with around 45 calories each: Hebrew National 97% FF, Ball Park White Meat Smoked Turkey

### **Seafood (fresh & frozen)**

- Tilapia, tuna, salmon, cod, sea bass & other fish fillets
- Shrimp
- Crab (real or imitation)
- Smoked salmon

### **Shelf-Stable Seafood & Other Proteins**

- Canned & pouched albacore tuna packed in water
- Canned & pouched boneless & skinless pink salmon packed in water
- Pouched seasoned tuna & tuna salad: StarKist
- StarKist Salmon Creations
- StarKist Chicken Creations

## MEAT SUBSTITUTES & TOFU PRODUCTS

- Frozen meatless burger-style patties with 150 calories or less
- Frozen meatless veggie-burger patties with 150 calories or less
- Meatless crumbles (ground meat swap)
- Meatless meatballs (frozen)
- Faux chicken (refrigerated or frozen)
- Meatless sausage (refrigerated or frozen)
- Meatless Buffalo wings (refrigerated or frozen)

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

Abbreviations: FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

- Meatless bacon
- Meatless deli slices (refrigerated): Tofurky, Lightlife, Yves
- Sweet Earth Enlightened Foods Traditional Seitan Strips
- Nasoya Tofu Toss'ables
- MorningStar Farms Veggie Classics Corn Dogs
- Soy chorizo
- House Foods Tofu Shirataki noodle substitute (refrigerated tofu section)

*Meatless brands we love: MorningStar Farms, Boca, Amy's, Alpha, Sweet Earth, Lightlife*

## PRODUCE

### Fresh Fruit

Choose your favorites! We love apples, oranges, and raspberries.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Bagged Produce

- Lettuce mixes

- Cole slaw mix
- Broccoli cole slaw
- Veggies as Carb Swaps**
- Spaghetti squash
- Zucchini (spiralize it!)
- Turnips (noodles & fries)

- Cauliflower (rice & mashies)
- Butternut squash (fries)
- Carrots (more fries!)
- Portabellas (pizza-bellas!)
- Eggplant (lasagna noodles)

### More Fresh Veggies

Choose your favorites!  
Jicama, baby carrots & more...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables

- Stir-fry veggies
- Steam-in-the-bag veggies
- Sweet corn kernels

- Riced veggies
- Spiralized veggies
- Veggie tots
- Cauliflower gnocchi

*Green Giant is our go-to veggie brand!*

### Frozen Fruit (NSA)

Strawberries, cherries, mango... Choose your favorites!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANNED & JARRED FOODS

### Fruit & Veggies

- Pineapple, mandarin orange segments & other fruits packed in juice
- NSA applesauce
- Pure pumpkin: Libby's
- Crushed tomatoes (just add seasonings for a sauce swap)
- More tomatoes (diced, stewed, seasoned, etc.)

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

**Abbreviations:** FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

- Pickles (refrigerated or shelf-stable)

## Soup

- Light soups: Amy's Organic (Chunky Tomato Bisque!), Progresso Light, Campbell's Healthy Request & Well Yes!, Pacific Foods
- LF turkey & veggie chili
- Chicken, beef & vegetable broth (look for lower-sodium)

## Beans

- Black beans
- Red and/or white (cannellini) kidney beans
- Garbanzo beans (chickpeas)
- Refried beans

## SNACKS

### Crackers, Chips & Other Crunchy Snacks

- Crackers with fiber: Wasa Crisp'n Light, Old London Melba Toast, Van's Gluten Free, Finn Crisp, Real Food From the Ground Up
- Multigrain popped cakes: Coco Lite, Kim's Magic Pop
- RF baked & popped chips

- LF baked tortilla chips

- Protein Chips: PopCorners Flex, Yes Peas from Popchips

- Puffed Snacks: Lesser Evil Paleo Puffs, Vegan Rob's Plant Based Cauliflower Puffs, Hippeas, and Angie's Boomchickapop Puffs

- Veggie chips made mostly with veggies: Rhythm Superfoods, Bare

- Crispy roasted beans: Bada Bean Bada Boom (from Enlightened), Biena, Saffron Road

- Seaweed snacks

- Ready-to-eat light popcorn

- Freeze-dried fruit (airy & light, not shriveled like ordinary dried fruit)

- Baked cheese snacks: Whisps, ParmCrisps, Moon Cheese

- Roasted edamame: Seapoint Farms

### Snack Bars & Other Treats

- Cereal bars & chewy granola bars with 150 calories or less

- Protein bars under 250 calories: KIND, Luna, Larabar, GoMacro MacroBar, NuGo Slim Protein Bars, RXBars, Vital Proteins Collagen Bar, Atlas Protein Bar, GoodTo Go

- Clio Greek Yogurt Bars (refrigerated)

- More delicious treats: Smashcrispy, 34 Degrees Sweet Crisps, Imag!ne Yogurt Crisps, Perfect Bites Refrigerated Protein Snacks

## Nuts & Seeds

- Pistachios in the shell
- Sliced almonds
- 100-calorie packs of almonds & cashews
- Skinny Dipped Almonds
- Chia seeds

## Jerky & Other Meat Snacks

- Beef, chicken, turkey, pork & meatless jerky (with about 100 calories per ounce)
- Single-serve meat sticks/bars with 100 calories or less

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

Abbreviations: FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

## BREAD

- Light/thin/whole-grain bread slices (40 - 80 calories each)
- Flat sandwich buns with 150 calories or less
- Light English muffins
- High-fiber pitas
- Large high-fiber flour tortillas with about 100 calories each (we like La Tortilla Factory and Tumaro's)
- Light high-fiber flatbreads
- 6-inch corn tortillas
- Corn taco shells (flat-bottomed)
- Light & thin bagels
- Outer Aisle Plantpower Sandwich Thins

## FROZEN MEALS & MEAL STARTERS

- Reduced-calorie breakfast sandwiches, bowls, wraps & more: Jimmy Dean Delights, Special K, Cedarlane, Veggies Made Great (frittatas!), Good Food Made Simple, Dr. Praeger's

- Burritos & wraps with 300 calories or less: Amy's, Cedarlane, Red's, Sweet Earth
- Healthy pizzas (check the calories and # of servings; then do the math!): Green Giant, Lean Cuisine, Sweet Earth, Real Good Foods (cauliflower & chicken crust options!), Smart Flour Foods Ancient Grains (Gluten Free), Caulipower
- Classic light entrees: Kashi, Healthy Choice, Lean Cuisine, Cedarlane, Amy's Light & Lean, Scott & Jon's Bowls

## FROZEN DESSERTS

- Enlightened light ice cream pints
- Single-serving light ice cream: Dreyer's/Edy's Slow Churned cups
- Yasso Frozen Greek Yogurt Bars
- So Delicious Dairy Free Coconut Milk Frozen Desserts (No Sugar Added)
- Enlightened light ice cream bars
- LF fudge bars

- Fruit bars with 100 calories or less
- Mini fillo/phyllo shells: Athens
- Natural light whipped topping: Truwhip Skinny, So Delicious Cocowhip Light
- Frozen fruit in chocolate: Dole Dippers, Tru Fru Frozen Fresh
- Mochi: My/Mo

## SAUCES, SALAD DRESSING & CONDIMENTS

- Light & LF salad dressings: Newman's Own, Bolthouse Farms, Litehouse, Margie's
- Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider)
- BBQ sauce with 45 calories or less per 2-tbsp. serving: Stubb's
- Light mayonnaise
- Hellmann's/Best Foods Dijonnaise
- Mustard (honey, Dijon, spicy brown, yellow & fun flavors)
- Ketchup

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

Abbreviations: FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Hot sauce: Frank's RedHot Original, sriracha             | <input type="checkbox"/> Low-calorie drink mixes: True Citrus, Crystal Light, Wyler's Light, Starbucks VIA Instant Refreshers | <input type="checkbox"/> Protein powder with about 100 calories per serving: Quest, Designer Whey, Tera's Whey, Jay Robb |
| <input type="checkbox"/> RF or regular peanut butter                              | <input type="checkbox"/> Natural zero-calorie soda & club soda  | <input type="checkbox"/> Low-sugar cake mix: Swerve Sweets Cake Mix  |
| <input type="checkbox"/> Portion-controlled peanut butter packs: Justin's, RX     | <input type="checkbox"/> Unsweetened sparkling water  | <input type="checkbox"/> Mini semi-sweet chocolate chips   |
| <input type="checkbox"/> Powdered peanut butter                                   | <input type="checkbox"/> Unsweetened & diet iced tea  | <input type="checkbox"/> Unsweetened cocoa powder  |
| <input type="checkbox"/> Low-sugar fruit preserves & jam                          | <input type="checkbox"/> Unsweetened instant iced tea mix   | <input type="checkbox"/> Unsweetened coconut flakes  |
| <input type="checkbox"/> Marinades with 30 calories or less per tbsp.             | <input type="checkbox"/> Tea bags: Red Rose Sweet Temptations, Celestial Seasonings, Good Earth, Southern Breeze Sweet Tea    | <input type="checkbox"/> Nonstick cooking spray  |
| <input type="checkbox"/> LF marinara, pasta & pizza sauce                         | <input type="checkbox"/> Ready-to-brew coffee and/or K-cups   | <input type="checkbox"/> Grapeseed oil and/or olive oil  |
| <input type="checkbox"/> Salsa  | <input type="checkbox"/> Instant coffee granules  | <input type="checkbox"/> Refrigerated crescent roll dough: Annie's Organic, Pillsbury                                    |
| <input type="checkbox"/> Hummus   | <input type="checkbox"/> Starbucks VIA Ready Brew   | <input type="checkbox"/> Whole-grain/high-fiber pasta  |
| <input type="checkbox"/> Single-serving guacamole: Wholly Guacamole Minis         | <input type="checkbox"/> Cold-brew coffee   | <input type="checkbox"/> RightRice   |
| <input type="checkbox"/> Reduced-sodium/lite soy sauce                            |   | <input type="checkbox"/> Palmini Hearts of Palm Linguine and Lasagna   |
| <input type="checkbox"/> Slawsa   |   | <input type="checkbox"/> Natural no-calorie sweetener packets  |
| <b><u>BEVERAGES</u></b>   | <b><u>BAKING PRODUCTS &amp; PANTRY STAPLES</u></b>  | <input type="checkbox"/> Natural no-calorie granulated sweetener   |
| <input type="checkbox"/> Spring water   | <input type="checkbox"/> Whole-wheat flour  | <input type="checkbox"/> Everything bagel seasoning (and all your other favorite seasonings!)                            |
| <input type="checkbox"/> Flavored water (check calories & servings per container) | <input type="checkbox"/> Whole-wheat or regular panko breadcrumbs   |  |
| <input type="checkbox"/> Low-calorie & light juice beverages                      |   |  |

# HUNGRY GIRL'S OFFICIAL SUPERMARKET LIST

Abbreviations: FF = fat-free, RF = reduced-fat,  
LF = low-fat, NSA = no-sugar-added

<input type="checkbox"/> Metamucil Sugar Free Daily Fiber Supplement	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Sugar-free French vanilla powdered creamer	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Mrs. Dash salt-free seasonings	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____