

Hungry Girl's Official 2014 Supermarket List

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

DAIRY

Cheese

- ☐ FF & RF shredded cheese
Sargento, Kraft, Weight Watchers, Lifetime
- ☐ FF & RF slices
Sargento, Kraft, Weight Watchers
- ☐ FF & RF block-style cheese
Lifetime, Cabot Light, Kraft
- ☐ RF cheese snacks with 100 calories or less
Mini Babybel, Weight Watchers, Cabot Serious Snacking
- ☐ Light string cheese
Frigo, Sargento, Weight Watchers
- ☐ FF & RF crumbled feta cheese
Athenos, President
- ☐ The Laughing Cow Light cheese wedges (new White Cheddar!)
- ☐ The Laughing Cow 1/3 Less Fat Smooth Sensations Cream Cheese Spread
- ☐ Philadelphia 2X Protein Cream Cheese Spread
- ☐ FF cream cheese in a tub
Philadelphia
- ☐ FF, LF & light (not part-skim) ricotta cheese
Frigo, Precious
- ☐ FF & LF cottage cheese (with & without fruit)
Knudsen/Breakstone's On the Go!/Snack Size & Doubles, Fiber One, Friendship Fit to Go 1%
- ☐ Almond cheese & soy cheese (low in fat)
Lisanatti Foods, GO Veggie!
- ☐ RF Parmesan-style grated topping (pasta aisle) or grated Parmesan cheese
Kraft

Yogurt

- ☐ FF yogurt
Yoplait Light, Dannon Light & Fit
- ☐ FF & RF Greek yogurt (with & without fruit)
Fage (Total 0%, 2%, Fruyo); Chobani (0%, 2%, Simply 100, Bite); Oikos (0%, 1 1/2%), Yoplait (Greek 100, Greek Blended); Dannon Light & Fit Greek
- ☐ Yogurt with crunchy toppings
YoCrunch (Greek, Pie Parfaits, Breakfast Blends & more!), Yoplait Light with Granola, Chobani Flips

Egg Products

- ☐ FF liquid egg substitute
Egg Beaters Original, Better'n Eggs, Nulaid ReddiEgg
- ☐ Liquid egg whites
AllWhites, Egg Beaters 100% Egg Whites

- ☐ Eggs (for hard-boiled whites)

Milk, Milk Swaps & Creamers

- ☐ Blue Diamond Unsweetened Vanilla Almond Breeze
- ☐ So Delicious Dairy Free Almond Plus 5X Protein!
- ☐ Light vanilla soymilk (refrigerated)
8th Continent, Silk
- ☐ FF dairy milk
- ☐ Unsweetened coconut milk beverage (refrigerated & shelf-stable)
So Delicious, Blue Diamond Almond Coconut Breeze
- ☐ Good Karma Flax Milk (refrigerated)
- ☐ FF & LF non-dairy liquid creamer
Coffee-mate, Coffee-mate Natural Bliss, So Delicious Original Coconut Milk Creamer

Sour Cream & Butter

- ☐ FF & light sour cream
- ☐ Light buttery spread & light butter in a tub
Brummel & Brown, Land O'Lakes, Smart Balance
- ☐ I Can't Believe It's Not Butter! Spray

CEREAL

Cold Cereal

- ☐ Fiber One Original bran cereal (or All Bran Original, if you avoid aspartame)
- ☐ Puffed rice, wheat & corn
Kashi 7 Whole Grain Puffs, Kix
- ☐ Other cereals with about 150 calories & 4 grams of fiber per cup
Kashi Squares Honey Sunshine, Kashi Heart to Heart Warm Cinnamon Oat Cereal, Kashi Simply Maize, Fiber One (all varieties), Barbara's Bakery Puffins, Cinnamon Burst Cheerios, Dulce de Leche Cheerios, Multi Grain Cheerios (both Peanut Butter & Dark Chocolate Crunch)

Hot Cereal

- ☐ Old-fashioned oats
Quaker
- ☐ Instant oatmeal packets
Quaker, Kashi, Nature's Path Organic, BetterOats

MEAT & SEAFOOD

Poultry

Jimmy Dean, Jennie-O, Butterball, Foster Farms, Perdue, Tyson

- ☐ Boneless skinless chicken breast & turkey breast (raw breasts, tenders & cutlets; precooked cutlets, strips & chopped)
Tyson Grilled & Ready, Applegate Naturals
- ☐ Applegate Naturals Chicken Nuggets (frozen)
- ☐ Lean chicken burgers
Weight Watchers (frozen), Al Fresco (refrigerated)
- ☐ Fully cooked chicken sausage (refrigerated)
Al Fresco, Applegate Organics
- ☐ Al Fresco All Natural Chicken Meatballs (refrigerated)
- ☐ Lean ground turkey (7% fat or less)
- ☐ Lean turkey burger patties (refrigerated & frozen)
- ☐ Turkey pepperoni
Hormel

Beef

Laura's Lean Beef

- ☐ Extra-lean ground beef
- ☐ Extra-lean & lean steak (top round, top sirloin, strip, tenderloin, t-bone & shoulder)
- ☐ Tyson's Grilled & Ready Beef Strips (freezer aisle!)

Pork

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

Bacon

Oscar Mayer, Hormel, Jennie-O, Applegate Naturals

- ☐ Center-cut bacon
- ☐ Turkey bacon
- ☐ Precooked real crumbled bacon
- ☐ Oscar Mayer Turkey Bacon Bits

Packaged & Deli Meats

- ☐ Extra-lean (96 - 99%) turkey breast, chicken breast, ham & roast beef slices
Boar's Head (lower-sodium, jerk turkey, chipotle chicken & more), Oscar Mayer (Selects), Applegate Naturals, Butterball, Healthy Ones, Sara Lee, Laura's Kitchen
- ☐ Extra-lean & lean hot dogs
Hoffy Extra Lean, Hebrew National 97% FF, Ball Park Lean, Ball Park Smoked White Turkey

Seafood (fresh & frozen)

- ☐ Tilapia, tuna, cod, sea bass & other lean fish fillets
- ☐ Shrimp
- ☐ Crab
 - Chicken of the Sea Lump Crabmeat, Trade Winds, MeTompkin*
- ☐ Imitation crabmeat

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 Tuna Creations (new Ranch flavor!), StarKist Ready-to-Eat Tuna Salad*

MEAT SUBSTITUTES

- ☐ Frozen meatless hamburger-style patties
 - Boca Original Vegan, Amy's Bistro, MorningStar Farms Grillers Original, Veggie Patch, Gardein The Ultimate Beefless Burger*
- ☐ Frozen meatless veggie-burger patties
 - Gardenburger, Boca, Amy's, MorningStar Farms, Dr. Praeger's*
- ☐ Frozen ground-beef-style soy crumbles
 - Boca Meatless Ground Crumbles, MorningStar Farms Meal Starters Grillers Recipe Crumbles*
- ☐ Soyrimo/soy chorizo
 - Tofurky, El Burrito*
- ☐ Meatless meatballs (frozen & refrigerated)
 - Veggie Patch, Nate's, MorningStar Farms, Amy's*
- ☐ Faux grilled chicken patties, cutlets & strips (frozen & refrigerated)
 - MorningStar Farms, Lightlife, Beyond Meat*
- ☐ Frozen meatless corn dogs
 - MorningStar Farms*
- ☐ Meatless Buffalo wings (frozen & refrigerated)
 - MorningStar Farms, Lightlife, Veggie Patch, Gardein*
- ☐ Meatless BBQ Riblets (frozen & refrigerated)
 - MorningStar Farms, Gardein*

PRODUCE

Fresh Vegetables

- ☐ Asparagus
- ☐ Avocado
- ☐ Bell peppers

- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Butternut squash (Bake-tastic Fries!)
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Jicama
- ☐ Kale (for HG's kale chips!)
- ☐ Lettuce
- ☐ Mushrooms (portabellas ROCK)
- ☐ Onions (Lord of the Onion Rings!)
- ☐ Potatoes (fingerling, russet & more!)
- ☐ Snow peas & sugar snap peas
- ☐ Spaghetti squash
- ☐ Spinach
- ☐ Tomatoes
- ☐ Turnips (MORE fries!)
- ☐ Zucchini

Bagged Produce

- ☐ Lettuce mixes
- ☐ Broccoli cole slaw
- ☐ Classic coleslaw mix
- ☐ Bean sprouts

Frozen Vegetables

- ☐ Stir-fry veggies
- ☐ Cauliflower & broccoli florets
- ☐ Seasoned veggies & veggies in LF sauce
 - Green Giant Just for One, Health Blends & Seasoned Steamers*
- ☐ Steam-in-the-bag veggies
 - Birds Eye, Green Giant, Veg-All*
- ☐ Birds Eye Recipe Ready Frozen Vegetables

Fresh Fruit

- ☐ Apples
- ☐ Berries (raspberries, blackberries, strawberries, blueberries)
- ☐ Bananas
- ☐ Cantaloupe and/or honeydew melon
- ☐ Cherries
- ☐ Grapefruits
- ☐ Grapes
- ☐ Lemons
- ☐ Mangoes
- ☐ Nectarines and/or peaches
- ☐ Oranges (mandarin, navel, etc.)
- ☐ Pears
- ☐ Pineapple
- ☐ Pomegranates (POM POMS ready-to-eat arils!)
- ☐ Watermelon

Frozen Fruit (NSA)

- ☐ Strawberries
- ☐ Dark sweet cherries

- ☐ Mixed berries
- ☐ Mango chunks
- ☐ Peach slices
- ☐ Dole Frozen Fruit Single-Serve Cups

And any other fruits & veggies!

CANNED & JARRED FOODS

Fruit & Veggies

- ☐ Pineapple packed in juice
- ☐ Mandarin orange segments packed in juice
- ☐ Peach slices packed in juice
- ☐ NSA applesauce
- ☐ Pure pumpkin
 - Libby's 100%*
- ☐ Tomatoes (crushed, diced, stewed, seasoned, etc.)
- ☐ Early/young peas (for HG's guacamole!)
- ☐ Sweet corn kernels
 - Green Giant Mexicorn*
- ☐ Jarred roasted red peppers (in water)
- ☐ Pickles (refrigerated & shelf-stable)

Soup

- ☐ Low-calorie soups
 - Amy's Organic (Chunky Tomato Bisque! Light in Sodium varieties!); Progresso 99% FF, Light, High Fiber; & Heart Healthy; Tabatchnick (frozen); Campbell's V8 & Soup at Hand (check stats); Annie Chun's (frozen); Kashi (frozen); Pacific Foods*
- ☐ Instant soup
 - Mishima (Miso! Edamame!)*
- ☐ LF turkey & veggie chili
 - Amy's Medium Black Bean, Hormel, Tabatchnick (frozen), Health Valley*
- ☐ FF chicken, beef & vegetable broth (look for low-sodium)

Beans

- ☐ Black beans
- ☐ Red kidney beans
- ☐ Cannellini (white kidney) beans
- ☐ Garbanzo beans (chickpeas)
- ☐ FF & LF refried beans

Crackers, Chips & Other

Crunchy Snacks

- ☐ Crackers with fiber (especially flatbread-style)
 - Ryvita, Wasa, Doctor Kracker, Old London Melba Toast & Snacks, Van's Natural Foods Gluten Free Baked Crackers*
- ☐ RF baked & popped chips
 - Popchips, Quaker Popped, Kettle Brand Bakes, Baked! Lay's, Cape Cod 40% RF/Less Fat, Michael Season's (cont.)*

Baked, Special K Popcorn Chips, Snikiddy Eat Your Vegetables Chips, Crunchmaster Popped Edamame Chips

- ❑ Snikiddy All Natural Baked Fries & Cheese Puffs
- ❑ LF baked & popped tortilla chips
Guiltless Gourmet, Baked! Tostitos Scoops!, Popchips
- ❑ Lentil, bean, hummus & quinoa chips
Mediterranean Snacks, Plentils, Simply 7, Kashi
- ❑ Snack Factory Pretzel Crisps
- ❑ The Good Bean Roasted Chickpea Snacks
- ❑ Seaweed snacks
GimMe All Natural
- ❑ Rice snacks & soy crisps
Quaker, Genisoy, Glenly's
- ❑ Rice cakes
Quaker
- ❑ 94% FF microwave popcorn bags
Jolly Time Healthy Pop, Orville Redenbacher's SmartPop!, Pop Secret 100 Calorie Pop
- ❑ Freeze-dried fruit
Just Tomatoes, Etc!, Funky Monkey, Crispy Green, Sensible Foods

Portion-Savvy Candy, Cookies & Sweets

- ❑ Chocolate candy
Skinny Cow Dreamy Clusters & Heavenly Crisps, UNREAL candy, Hershey's Simple Pleasures
- ❑ Lollipops & hard candy
Dum Dums, Tootsie Pops, Jolly Rancher
- ❑ Cookies
Nabisco 100 Cal, Quaker Soft Baked Oatmeal Cookies & Crunchy Oat Granola Cookies, Nonni's Biscotti (Salted Caramel!)

Snack Bars

- ❑ Cereal bars & chewy granola bars
Quaker, Fiber One, Special K, Kashi, Soyjoy, Rickland Orchards, Corazonas Mini Oatmeal Squares
- ❑ Crunchy granola bars
Nature Valley, Kashi Crunchy Granola, Clif Crunch
- ❑ Decadent snack bars
Fiber One, Special K, Chex Mix, Balance Mini
- ❑ "Mini-meal" bars
Kashi GoLean, Kind, Luna (both Protein & Fiber), Larabar, Perfect Foods Bar Lite (refrigerated), Corazonas Oatmeal Squares, Gnu Foods FiberLove, Quest Bars (Double Chocolate Chunk!)

Nuts & Seeds

- ❑ Pistachios in the shell

Everybody's Nuts! (seasoned), Wonderful Pistachios

- ❑ Almonds (whole & sliced)
Blue Diamond 100-calorie packs, Emerald 100-calorie packs, Wonderful (Almonds, Almond Accents)

Jerky

- ❑ Beef, chicken, turkey, pork & meatless jerky
Jack Link's, Tillamook Country Smoker, Oh Boy! Oberto, Krave, Primal Spirit Foods

BREAD

- ❑ Light bread slices
Weight Watchers, Nature's Own 40 Calories & Double Fiber, Arnold, Sara Lee 45 Calories & Delightful, Pepperidge Farm Light Style & Very Thin, Fiber One
- ❑ Light & high-fiber hamburger & hot dog buns
Sara Lee 80 Calories & Delightful, Pepperidge Farm Bakery Classic 100% Whole Wheat, Nature's Own
- ❑ 100-calorie flat sandwich buns
Arnold/Brownberry/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats, Nature's Own Sandwich Rounds
- ❑ Light English muffins
Thomas', Western Bagel Alternative, Weight Watchers, Nature's Own 100 Calorie
- ❑ High-fiber pitas
Western Bagel Alternative, Weight Watchers
- ❑ Large high-fiber flour tortillas with about 110 calories each
La Tortilla Factory (Smart & Delicious Low Carb High Fiber, 100 Calorie), Mission Carb Balance, Tumaro's (8-Inch Low in Carbs, Deli Style)
- ❑ Light high-fiber flatbreads
Flatout (Hungry Girl Foldits, Light, Pinwheel Lavash, Thin Crust Artisan Pizza)
- ❑ 6-inch corn tortillas
- ❑ Corn taco shells (flat-bottomed!)
- ❑ Light & thin bagels
Western Bagel Alternative 2.0, Weight Watchers, Thomas' Bagel Thins, Kim's Light, Pepperidge Farm Bagel Flats, Nature's Own Thin Sliced Bagels
- ❑ Pillsbury Crescent Recipe Creations Seamless Dough Sheet (refrigerated)
- ❑ Pillsbury Classic Pizza Crust dough (refrigerated)
- ❑ Pillsbury RF Crescent Rolls dough (refrigerated)
- ❑ Lavash bread (bakery or ethnic-food aisle)

FROZEN MEALS & MEAL STARTERS

- ❑ LF waffles
Eggo LF, Van's Lite
- ❑ Breakfast sandwiches, bowls & wraps
Weight Watchers Smart Ones, Jimmy Dean Delights Breakfast Sandwiches & Bowls, Special K Flatbread Breakfast Sandwiches, Cedarlane Egg White Omelettes & Breakfast Burritos, Amy's Hot Cereal Bowls, Tabatchnick Steel Cut Oatmeal Singles, Vitalicious VitaSandwiches
- ❑ Flatbreads, panini & pocket sandwiches
Amy's Pocket Sandwiches, Lean Pockets, Lean Cuisine Flatbread Melts & Panini, Weight Watchers Smart Ones Flatbreads
- ❑ Burritos & wraps
Amy's, Cedarlane, EVOL
- ❑ Pizzas (multi-serving & single-serving)
Kashi, Amy's (Light & Lean), Lean Cuisine, Weight Watchers Smart Ones, VitaPizza (request it!), Better4U, MorningStar Farms
- ❑ Classic entrees
Kashi, Healthy Choice, Lean Cuisine, Cedarlane, Amy's (Light & Lean), MorningStar Farms, Lightlife, EVOL
- ❑ Steam-ready meals
Lean Cuisine Market Collection, Healthy Choice Cafe Steamers, Kashi Steam Meals
- ❑ Amy's Cheese Pizza Toaster Pops
- ❑ Contessa Stir-Fry Meals
- ❑ Garden of Eatin' Souffles & veggie dishes
- ❑ Applegate Naturals Gluten-Free Beef Corn Dogs

ICE CREAM, FROZEN DESSERTS & DESSERT INGREDIENTS

- ❑ Light & FF ice cream cartons
Dreyer's/Edy's Slow Churned
- ❑ Portion-controlled cups of light ice cream
Skinny Cow, Dreyer's/Edy's Slow Churned, Weight Watchers
- ❑ Frozen yogurt
Dreyer's/Edy's Slow Churned Yogurt Blends, Stonyfield Oikos Organic Nonfat Greek Frozen Yogurt, Healthy Choice Greek Frozen Yogurt, TCBY Frozen Yogurt
- ❑ Yasso Frozen Greek Yogurt bars
- ❑ Lifeway Frozen Kefir
- ❑ So Delicious Dairy Free Almond & Coconut Milk Frozen Desserts
- ❑ Light & LF ice cream bars
Enlightened The Good-For-You Ice (cont.)

Cream, Skinny Cow (Truffle Bars!), Blue Bunny Sweet Freedom Snack Size

- ☐ LF fudge bars
Healthy Choice Premium, Weight Watchers Giant, Skinny Cow, NSA Fudgsicles
- ☐ Fruit bars
Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's Outshine
- ☐ Mini fillo shells
Athens
- ☐ Frozen whipped topping
Cool Whip Free, Truwhip (regular or Natural Light)
- ☐ Vitalicious VitaTops & Mini VitaCakes

SAUCES, SALAD DRESSINGS & SHELF-STABLE CONDIMENTS

- ☐ Light, LF & FF salad dressings
Newman's Own Lite (LF Sesame Ginger Dressing!), Wish-Bone Light, Bolthouse Farms, Kraft Free & Light, Litehouse Lite & Opa, Hidden Valley FF, Girard's FF
- ☐ Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider)
Nakano Seasoned Rice Vinegars (so many flavors!)
- ☐ BBQ sauce (with 45 calories per serving)
Stubb's
- ☐ FF & light mayonnaise
- ☐ Hellmann's/Best Foods Dijonnaise
- ☐ Mustard (honey, Dijon, spicy brown, yellow)
- ☐ Vivi's Original Sauce Carnival Mustards (request 'em!)
- ☐ Ketchup
Heinz (Real Jalapeño, No Salt, Reduced Sugar, Organic, Simply, Balsamic Vinegar)
- ☐ Frank's RedHot Original Cayenne Pepper Sauce
- ☐ RF peanut butter
Jif RF, Skippy RF Creamy & RF Super Chunk
- ☐ Justin's Nut Butters (portion-controlled packs)
- ☐ Better'n Peanut Butter/Peanut Wonder
- ☐ Powdered peanut butter
PB2, FitNutz
- ☐ SF & low-sugar fruit preserves & jam
Smucker's SF & Low Sugar, Polaner SF with Fiber
- ☐ Marinades (30 calories or less per tbsp.)
Lawry's, Newman's Own, Mrs. Dash, Margie's
- ☐ LF marinara, pasta & pizza sauce

Classico, Dei Fratelli

- ☐ Salsa
La Victoria, Wholly Salsa (refrigerated in produce section), Pace
- ☐ Hummus
Eat Well Enjoy Life Hummus with Greek Yogurt
- ☐ Reduced-sodium/lite soy sauce

BEVERAGES

- ☐ Spring water
- ☐ Flavored water (check calories & servings per container!)
Vitaminwater Zero, Activate Drinks, Aquafina FlavorSplash, 0 Calories SoBe Lifewater, Minute Maid Fruit Falls & Just 10 pouches
- ☐ Coconut water
Zico, O.N.E., Vita Coco, Taste Nirvana (Coco Aloe), Coco Libre, Harmless Harvest
- ☐ Low-calorie & light juice beverages
Diet V8 Splash, V8 V-Fusion Light, Trop50, Ocean Spray Diet & Light, Bai5
- ☐ Low-calorie drink mixes
Crystal Light, True Lemon Lemonade, Wyler's Light, Lipton Iced Tea, AriZona SF, MiO, Dasani Drops, Starbucks VIA Refreshers
- ☐ Diet soda & club soda
Coke Zero, Coke Cherry Zero, Sprite Zero, Blue Sky Free (Root Beer), A&W Diet Root Beer, Dr. Brown's Diet
- ☐ Unsweetened and diet iced tea
Tejava, Gold Peak Tea, Diet Snapple (Trop-A-Rocka!), Diet AriZona
- ☐ Unsweetened instant iced tea mix
Lipton
- ☐ Tea bags
Celestial Seasonings, Tazo, Stash
- ☐ Ready-to-brew coffee
Millstone, Dunkin' Donuts (Bakery Series!), K-Cups, Starbucks (Blonde Roast!)
- ☐ Instant coffee granules
Folgers, Nescafe Taster's Choice
- ☐ Starbucks VIA Ready Brew
- ☐ Hot cocoa packets with 20 - 25 calories each
Swiss Miss Diet, Nestle FF

BAKING PRODUCTS, PANTRY STAPLES, SPICES & MORE

- ☐ Whole-wheat flour
- ☐ Pancake mix
Aunt Jemima Whole Wheat Blend,

Hungry Jack Complete Extra Light & Fluffy, Fiber One Complete, Bisquick Heart Smart

- ☐ Mini semi-sweet chocolate chips
- ☐ Unsweetened cocoa powder
- ☐ LF graham crackers & chocolate graham crackers
- ☐ Nonstick cooking spray
Pam (Original, Olive Oil & Butter Flavor), Pompeian 100% Grapeseed Oil
- ☐ Grapeseed oil and/or olive oil
Pompeian 100% Grapeseed Oil, Pompeian OlivExtra Premium Mediterranean Blend Oil
- ☐ High-fiber pasta
Barilla (Plus, White Fiber, Whole Grain), Ronzoni (Healthy Harvest, Smart Taste)
- ☐ House Foods Tofu Shirataki Noodle Substitute (refrigerated tofu section!)
- ☐ Wonton wrappers
- ☐ Egg roll wrappers
- ☐ No-calorie sweetener packets
Splenda, Truvia, Equal, Stevia In The Raw, Nectresse
- ☐ No-calorie granulated sweetener (comes loose, not in packets)
Splenda No Calorie Sweetener, Stevia In The Raw
- ☐ SF calorie-free flavored syrups
Torani SF Syrups
- ☐ SF & FF powdered creamer
Coffee-mate SF & FF French Vanilla (regular ones have reasonable stats too!), Coffee-mate FF The Original
- ☐ Dry taco, fajita & chili seasoning mix (salt-free packets by Mrs. Dash!)
- ☐ Dry onion soup/dip mix
- ☐ Dry ranch dressing/dip mix
- ☐ Salt-free seasoning mixes
Mrs. Dash, McCormick Perfect Pinch
- ☐ Jarred chopped garlic
- ☐ Sun-dried tomatoes in pouches (or packed in oil; drain 'em!)