

Hungry Girl's Official 2015 Supermarket List

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

DAIRY

Cheese

- ☐ RF shredded cheese
Sargento, Kraft, Weight Watchers, Lifetime
- ☐ RF slices
Sargento (regular & Ultra Thin), Kraft (original & Slim Cut), Weight Watchers
- ☐ RF block-style cheese
Lifetime, Cabot Light, Kraft
- ☐ RF cheese snacks with 100 calories or less
Mini Babybel, Weight Watchers, Cabot Serious Snacking, Jarlsberg Minis
- ☐ Light string cheese
Frigo, Sargento, Weight Watchers, Lifetime
- ☐ RF crumbled feta cheese
Athenos, President
- ☐ The Laughing Cow Light cheese wedges (new Spicy Pepper Jack!)
- ☐ RF cream cheese in a tub
Philadelphia
- ☐ LF & light (not part-skim) ricotta cheese
Frigo, Galbani, Sorrento
- ☐ 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!
- ☐ Grated Parmesan cheese

Yogurt

- ☐ FF yogurt
Yoplait Light, Dannon Light & Fit Greek
- ☐ FF & RF Greek yogurt (with & without fruit)
Fage (Total 0%, 2%, Fruyo); Chobani (0%, 2%, Simply 100); Oikos (0%); Yoplait (Greek 100, Greek 100 Whips, Greek 2%, Greek Blended); Dannon Light & Fit Greek
- ☐ Yogurt with crunchy toppings
YoCrunch (Cereal Bowl, Yopa!), 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

- ☐ FF dairy milk
- ☐ Almond milk
Blue Diamond Almond Breeze (Unsweetened Vanilla, Hint of Honey), So Delicious Dairy Free Almond Plus 5X Protein!, Silk Protein+Fiber Almondmilk
- ☐ Light vanilla soymilk (refrigerated)
8th Continent, Silk
- ☐ Unsweetened coconut milk beverage (refrigerated & shelf-stable)
So Delicious, Blue Diamond Almond Coconut Breeze, Silk AlmondCoconut Blend
- ☐ DREAM Blends Almond, Cashew & Hazelnut Drink in Original Unsweetened
- ☐ 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

- ☐ Light sour cream
- ☐ Light buttery spread & light butter in a tub
Brummel & Brown, Land O'Lakes, Smart Balance, Country Crock

CEREAL

Cold Cereal

- ☐ High-fiber bran cereal
Fiber One Original, All Bran Original, Nature's Path SmartBran
- ☐ Puffed rice, wheat & corn
Kashi 7 Whole Grain Puffs, Kix
- ☐ Other cereals with about 150 calories & 4 grams of fiber per cup
Kashi Honey Sunshine Squares, Kashi Heart to Heart Warm Cinnamon Oat Cereal, Kashi Simply Maize, Fiber One (all varieties),

Barbara's Puffins, Cinnamon Burst Cheerios, Dulce de Leche Cheerios, Multi Grain Cheerios (both Peanut Butter & Dark Chocolate Crunch), Cheerios + Ancient Grains, Jif Peanut Butter

Hot Cereal

- ☐ Old-fashioned oats
Quaker
- ☐ Instant oatmeal packets
Quaker (classic, Protein, and Steel Cut Quick 3 Minute), Kashi, Nature's Path Organic, BetterOats (including Fit 100)

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 & frozen)
- ☐ Fully cooked chicken sausage (refrigerated)
Al Fresco, Applegate Organics
- ☐ Al Fresco All Natural Chicken Meatballs (refrigerated & frozen)
- ☐ Tyson Grilled & Ready Pulled Chicken Breast
- ☐ Lean ground turkey (7% fat or less)
- ☐ Lean turkey burger patties (refrigerated & frozen)
- ☐ Turkey pepperoni
Hormel, Oscar Mayer, Applegate Naturals Uncured Mini
- ☐ Turkey sausage patties

Beef

Laura's Lean Beef

- ☐ Extra-lean ground beef (4% fat or less)
- ☐ Extra-lean & lean steak (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)
- ☐ Tyson Grilled & Ready Pulled Pork Loin

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 Lean
- ☐ 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
- ☐ Gorton's Smart & Crunchy Breaded Fish Products

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, 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 (and Chipotle Black Bean Crumbles), Gardein Beefless Ground
- ☐ Soyrito/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
- ☐ Frozen meatless sausage
MorningStar Farms Original Sausage Patties
- ☐ Meatless Buffalo wings (frozen & refrigerated)
MorningStar Farms, Lightlife, Veggie Patch, Gardein
- ☐ MorningStar Farms Hickory BBQ Riblets (frozen)
- ☐ Gardein Sizzling Szechuan Beefless Strips (frozen)
- ☐ Veggie Patch Moroccan Red Lentil Cakes (refrigerated)

PRODUCE

Fresh Vegetables

- ☐ Asparagus
- ☐ Avocado
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Butternut squash (Bake-tastic Fries!)
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Jicama
- ☐ Kale (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!)
- ☐ Yellow squash
- ☐ 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, Alexia Premium Seasoned
- ☐ Steam-in-the-bag veggies
Birds Eye, Green Giant, Veg-All
- ☐ Birds Eye Recipe Ready Frozen Vegetables

Fresh Fruit

- ☐ Apples
- ☐ Bananas
- ☐ Berries (blackberries, blueberries, raspberries, strawberries)
- ☐ 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
- ☐ Dole NSA Fruit Bowls
- ☐ 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; Campbell's Healthy Request & Soup on the Go (check stats); Pacific Foods; Dole Garden
- ☐ Instant Soup
Mishima (Miso!)
- ☐ LF turkey & veggie chili
Amy's Medium Black Bean, Hormel, Health Valley
- ☐ FF chicken, beef & vegetable broth (look for low-sodium)

Also see the frozen soups and chili in the FROZEN MEALS & MEAL STARTERS section!

Beans

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

PACKAGED SNACKS

Crackers, Chips & Other Crunchy Snacks

- ☐ Crackers with fiber (especially flatbread-style)
Ryvita, Wasa, Doctor Kracker, Old London Melba Toast & Snacks, Van's Gluten Free Baked Crackers

- ☐ RF baked & popped chips
Popchips, Quaker Popped, Kettle Brand Real Sliced Potatoes, Lay's Oven Baked, Cape Cod 40% RF/Less Fat, Special K Popcorn Chips, Snikiddy Eat Your Vegetables Chips, Crunchmaster Popped Edamame Chips, Wheat Thins Popped
- ☐ Quest Protein Chips
- ☐ Snikiddy All Natural Baked Fries & Cheese Puffs
- ☐ LF baked & popped tortilla chips
Guiltless Gourmet, Tostitos Oven Baked Scoops!, Popchips
- ☐ Lentil, bean, hummus & quinoa chips
Mediterranean Snacks, Plentils, Simply 7, Kashi
- ☐ Snack Factory Pretzel Crisps (including Minis)
- ☐ The Good Bean Roasted Chickpea Snacks
- ☐ Enlightened The Good-For-You Crisp Roasted Broad Beans
- ☐ Seaweed snacks
GimMe All Natural
- ☐ Rice snacks & soy crisps
Quaker, Genisoy, Glenny's
- ☐ Rice cakes
Quaker
- ☐ 94% FF microwave popcorn bags
Jolly Time Healthy Pop, Orville Redenbacher's SmartPop!, Pop Secret 100 Calorie Pop
- ☐ Ready-to-eat light popcorn
Smartfood Delight, Cape Cod Naturally Simple
- ☐ 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
- ☐ Lollipops & hard candy
Dum Dums, Tootsie Pops, Jolly Rancher
- ☐ Cookies
Nabisco 100 Cal, Nonni's Biscotti & Biscotti Bites (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
Kind, Luna (especially Protein!), Larabar, Perfect Foods Bar Lite (refrigerated), Corazonas Oatmeal Squares, Quest Bars (Cookies & Cream!)

Nuts & Seeds

- ☐ Pistachios in the shell
Everybody's Nuts! (seasoned), Wonderful Pistachios
- ☐ Almonds (whole & sliced)
Blue Diamond (try 100-calorie packs and flavored varieties like Butter Toffee), 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
- ☐ 100-calorie flat sandwich buns
Arnold/Brownberry/Oroweat Sandwich Thins (the Everything by Arnold ROCKS), Pepperidge Farm Deli Flats, Nature's Own Sandwich Rounds
- ☐ Light English muffins
Thomas' (Double Protein Oatmeal & High Fiber), Western Bagel Alternative
- ☐ High-fiber pitas
Western Bagel Alternative
- ☐ 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)
- ❑ Lavash bread (bakery or ethnic-food aisle)
- ❑ 6-inch corn tortillas
- ❑ Corn taco shells (flat-bottomed, and Old El Paso Nacho Cheese Flavored)
- ❑ Old El Paso Stand 'N Stuff Soft Flour Tortillas
- ❑ 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 RF Crescent Rolls dough (refrigerated)
- ❑ Pillsbury Classic Pizza Crust dough (refrigerated)

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, Artisan Bistro Beyond Breakfast, EVOL Lean & Fit
- ❑ Hungry Girl Originals American Grilled Cheese (ShopRite only for now)
- ❑ 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, Red's (5 oz.)
- ❑ 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
- ❑ Amy's Cheese Pizza Toaster Pops
- ❑ Garden Lites (Souffles & more)
- ❑ Applegate Naturals Gluten-Free Beef Corn Dogs
- ❑ Low-calorie soups Tabatchnick, Annie Chun's
- ❑ LF turkey & veggie chili Tabatchnick

ICE CREAM, FROZEN DESSERTS & DESSERT INGREDIENTS

- ❑ Light ice cream cartons Dreyer's/Edy's Slow Churned, Halo Top All Natural
- ❑ Portion-controlled cups of light ice cream Dreyer's/Edy's Slow Churned, Weight Watchers
- ❑ Frozen yogurt Dreyer's/Edy's Slow Churned Yogurt Blends, Stonyfield Organic Greek Frozen Nonfat Yogurt, Healthy Choice Greek Frozen Yogurt
- ❑ Yasso Frozen Greek Yogurt bars (Sea Salt Caramel! Chocolate Fudge!)
- ❑ Lifeway Frozen Kefir
- ❑ So Delicious Dairy Free Almond & Coconut Milk Frozen Desserts (including Minis)
- ❑ Light & LF ice cream bars Enlightened The Good-For-You Ice Cream, Skinny Cow (Truffle Bars!), Blue Bunny Sweet Freedom Snack Size
- ❑ LF fudge bars Healthy Choice Premium, Weight Watchers Giant, Skinny Cow, NSA & LF Fudgsicles
- ❑ Fruit bars Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's Outshine (try Fruit & Veggie), Fruttare (plus Fruit & Milk bars)

- ❑ All-Natural Goodpop
- ❑ Mini fillo shells Athens
- ❑ Frozen whipped topping Truwhip (regular or Natural Light), So Delicious CocoWhip!
- ❑ Vitalicious VitaTops & Mini VitaCakes
- ❑ Dole Strawberry and Banana Dippers

SAUCES, SALADS & SHELF-STABLE CONDIMENTS

- ❑ Light & LF salad dressings Newman's Own Lite (LF Sesame Ginger!), Wish-Bone Light, Bolthouse Farms (esp. the yogurt dressings), Kraft Light, Litehouse Lite & Opa
- ❑ Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider) Nakano Seasoned Rice Vinegars (Mango!), Pompeian (Jalapeño!)
- ❑ BBQ sauce (with 45 calories per serving) Stubb's
- ❑ Light mayonnaise
- ❑ Hellmann's/Best Foods Dijonnaise
- ❑ Mustard (honey, Dijon, spicy brown, yellow) Vivi's Original Sauce Carnival Mustards (request 'em!), Inglehoffer Extra Hot Sriracha, Beaver Brand Bread & Butter Pickle Mustard
- ❑ Ketchup Heinz (Real Jalapeño, No Salt, Reduced Sugar, Organic, Simply, Balsamic Vinegar)
- ❑ Frank's RedHot Original Cayenne Pepper Sauce, Tabasco, Sriracha
- ❑ RF peanut butter Jif RF, Skippy RF Creamy & RF Super Chunk
- ❑ Justin's Nut Butters (portion-controlled packs)
- ❑ Powdered peanut butter PB2, FitNutz, Just Great Stuff
- ❑ Low-sugar fruit preserves & jam Smucker's Low Sugar
- ❑ 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 Embrace Life (esp. Other Bean varieties like Zesty Sriracha Carrot!)
- ☐ Single-serving guacamole
Wholly Guacamole Minis, GoodFoods Tableside Greek Yogurt Guacamole
- ☐ Reduced-sodium/lite soy sauce
- ☐ Slawsa (new Spicy!)

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 Zero (Root Beer), A&W Diet Root Beer, Dr. Brown's Diet
- ☐ Unsweetened sparkling water
Dasani (Apple!), LaCroix, Nestlé Pure Life Exotics
- ☐ 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, Bigelow (Salted Caramel!)
- ☐ 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, Kodiak Cakes Power Cakes
- ☐ Protein powder with about 100 calories per serving
Quest (Peanut Butter!), Designer Whey, Tera's Whey, Rainbow Light, Jay Robb
- ☐ Mini semi-sweet chocolate chips
- ☐ Unsweetened cocoa powder
- ☐ LF graham crackers & chocolate graham crackers
- ☐ Nonstick cooking spray
Pam (Original, Olive Oil & Butter Flavor, Simply Coconut), 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, and Publix-only 150 Calories)
- ☐ 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
- ☐ 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 (try Table Blends), McCormick Perfect Pinch
- ☐ Jarred chopped garlic
- ☐ Sun-dried tomatoes in pouches (or packed in oil; drain 'em!)
Bella Sun Luci (look for the seasoned Snacks)

HG Heads-Up: This isn't a be-all and end-all list. There are more foods we love, and things you love that may not have been included. Consider it a companion to help guide you through the aisles of your local market! Hungry for more? Check out our best-selling book *Hungry Girl Supermarket Survival: Aisle by Aisle*, HG-Style!