

Hungry Girl's Official 2016 Supermarket List

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

DAIRY

Cheese

- ☐ RF shredded cheese: *Sargento, Kraft, Weight Watchers*
- ☐ RF/low-calorie slices: *Sargento (regular and Ultra Thin), Kraft (regular and Slim Cut), Weight Watchers*
- ☐ RF cheese snacks with 100 calories or less: *Mini Babybel, Cabot Serious Snacking, Jarlsberg Minis*
- ☐ Light string cheese: *Frigo, Sargento, Weight Watchers*
- ☐ RF crumbled feta cheese: *Athenos*
- ☐ The Laughing Cow Light cheese wedges
- ☐ RF cream cheese in a tub: *Philadelphia*
- ☐ LF or light (not part-skim) ricotta cheese: *Frigo, Galbani*
- ☐ 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
- ☐ Elli Quark (yummy yogurt alternative)

Yogurt

- ☐ FF yogurt: *Yoplait Light, Dannon Light & Fit*
- ☐ FF & RF Greek yogurt with & without fruit: *Fage; Chobani (check out Simply 100); Oikos; Yoplait (Greek 100, Greek 100 Whips!, and more); Dannon Light & Fit Greek*
- ☐ Yogurt with crunchy toppings: *YoCrunch (Cereal Bowl, YOPA!), Chobani Flips*
- ☐ Yogurt with oats and/or seeds: *Yoplait Plenti, Chobani Oats*

Egg Products

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

Milk, Milk Swaps & Creamers

- ☐ FF dairy milk

- ☐ Unsweetened almond milk (refrigerated & shelf-stable): *Blue Diamond Almond Breeze, So Delicious Dairy Free, Silk*
 - ☐ Unsweetened cashew milk (refrigerated & shelf-stable): *Blue Diamond Almond Breeze (almond-cashew blend), Silk, So Delicious Dairy Free*
 - ☐ Light vanilla soymilk (refrigerated): *8th Continent, Silk*
 - ☐ Unsweetened coconut milk beverage (refrigerated & shelf-stable): *So Delicious Dairy Free, Blue Diamond Almond Coconut Breeze (almond milk and coconut milk blend), Silk*
 - ☐ Low-calorie non-dairy liquid creamer: *Coffee-mate Natural Bliss, So Delicious Dairy Free Original Coconut Milk Creamer*
- ### **Sour Cream & Butter**
- ☐ Light sour cream
 - ☐ Light buttery spread & light butter in a tub: *I Can't Believe It's Not Butter Light!, Brummel & Brown, Land O'Lakes, Smart Balance*

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 Heart to Heart Warm Cinnamon Oat Cereal, Kashi Simply Maize, Fiber One (all varieties), Barbara's Puffins, Multi-Grain Cheerios (both Peanut Butter & Dark Chocolate Crunch), Cheerios + Ancient Grains*

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 Oat Fit)

- ☐ Pacific Organic Unsweetened Steel-Cut Oatmeal (ready-made)

MEAT & SEAFOOD

Poultry

- ☐ Boneless skinless chicken breast & turkey breast (both raw and ready to eat): *Tyson Grilled & Ready, Applegate Naturals*
- ☐ 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)
- ☐ Lean ground turkey (7% fat or less)
- ☐ Lean turkey burger patties (refrigerated & frozen)
- ☐ Turkey pepperoni: *Hormel, Applegate Naturals Uncured Mini*
- ☐ Turkey sausage patties: *Jimmy Dean*

Beef

- ☐ Extra-lean ground beef (4% fat or less): *Laura's Lean Beef*
- ☐ 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)

Bacon

- ☐ Center-cut bacon or turkey bacon: *Oscar Mayer, Hormel, Jennie-O, Applegate Naturals & Organics*
- ☐ Precooked real crumbled bacon: *Oscar Mayer, Hormel*

- ☐ Oscar Mayer Turkey Bacon Bits
- ### **Packaged & Deli Meats**

- ☐ Extra-lean turkey breast, chicken breast, ham & roast beef slices (look for lower-sodium): *Boar's Head, Oscar Mayer (Selects*

Natural), 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, Smoked White Turkey, Applewood Smoked Chicken Franks)*

Seafood (fresh & frozen)

- ❑ Tilapia, tuna, cod, sea bass & other lean fish
- ❑ 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, Kid's Creations, Ready-to-Eat Tuna Salad, Gourmet Selects Pouches)*
- ❑ StarKist Salmon Creations

MEAT SUBSTITUTES

- ❑ Frozen meatless hamburger-style patties: *Boca Original Vegan, Amy's Bistro, MorningStar Farms Grillers Original, 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*
- ❑ Meatless meatballs (frozen): *Nate's, MorningStar Farms, Amy's*

- ❑ Faux grilled chicken (frozen & refrigerated): *MorningStar Farms, Lightlife, Beyond Meat*
- ❑ Frozen meatless sausage: *MorningStar Farms Original Sausage Patties*
- ❑ Meatless Buffalo wings (frozen & refrigerated): *MorningStar Farms, Lightlife, Gardein*
- ❑ Gardein Sizzling Szechuan Beefless Strips (frozen)
- ❑ Lightlife Fakin' Bacon Organic Smoky Tempeh Strips (refrigerated)

PRODUCE

Fresh Fruits & Vegetables

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Bagged Produce

- ❑ Lettuce mixes
- ❑ Broccoli cole slaw
- ❑ Green Giant Fresh Cauliflower Crumbles

Frozen Vegetables

- ❑ Stir-fry veggies
- ❑ Cauliflower & broccoli florets
- ❑ Steam-in-the-bag veggies: *Birds Eye, Green Giant*
- ❑ Birds Eye Recipe Ready Frozen Vegetables (major timesaver!)
- ❑ Birds Eye Steamfresh Flavor Full (Buffalo Cauliflower!)
- ❑ Trader Joe's Organic Riced Cauliflower

- ❑ Frozen sweet corn kernels

Frozen Fruit (NSA)

- ❑ Strawberries
- ❑ Dark sweet cherries
- ❑ Mixed berries
- ❑ Mango chunks
- ❑ Peach slices

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%*
- ❑ Crushed tomatoes (sauce swap!)
- ❑ More tomatoes (diced, stewed, seasoned, etc.)
- ❑ Pickles (refrigerated & shelf-stable)

Soup

- ❑ Low-calorie soups: *Amy's (Chunky Tomato Bisque! Light in Sodium varieties!), Progresso Light, Campbell's Healthy Request & Soup on the Go (check stats), Pacific Foods*
- ❑ LF turkey & veggie chili: *Amy's Organic Medium Black Bean, Hormel, 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

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 Baked Potato Chips, Lay's Oven Baked, Cape Cod 40% RF/Less Fat, Special K*

Popcorn Chips & Cracker Chips, Crunchmaster Popped Edamame Chips

- ❑ LF baked & popped tortilla chips: *Guiltless Gourmet Baked Tortilla Chips, Tostitos Oven Baked Scoops!*
- ❑ Chickpea snacks: *The Good Bean, Saffron Road, Biena*
- ❑ Enlightened The Good-For-You Crisp Roasted Broad Beans
- ❑ Seaweed snacks: *GimMe All Natural, Annie Chun*
- ❑ Ready-to-eat light popcorn: *Smartfood Delight, Cape Cod Naturally Simple, Popcorn Indiana Fit Popcorn*
- ❑ Freeze-dried fruit: *Just Tomatoes, Etc!, The Funky Monkey, Crispy Green, Sensible Foods*
- Portion-Savvy Sweet Treats**
- ❑ Lollipops & hard candy: *Dum Dums, Tootsie Pops, Jolly Rancher*
- ❑ Cookies: *Nonni's Biscotti (Salted Caramel!) and THINaddictives*
- Snack Bars**
- ❑ Cereal bars & chewy granola bars: *Quaker, Fiber One, Special K, Kashi, Soyjoy, Corazonas HeartBar Oatmeal Square Minis*
- ❑ "Mini-meal" bars: *Kind, Luna (especially Protein!), Larabar, Lite Perfect Bar (refrigerated), Corazonas HeartBar Oatmeal Squares, Quest Bars*
- Nuts & Seeds**
- ❑ Pistachios in the shell: *Wonderful*
- ❑ Almonds (whole & sliced): *Blue Diamond (try 100-calorie packs and flavored varieties like Sea Salt Dark Chocolate), Emerald 100-calorie packs, Wonderful*
- ❑ Chia seeds

Jerky & Other Meat Snacks

- ❑ Beef, chicken, turkey, pork & meatless jerky: *Jack Link's, Tillamook Country Smoker, Oberto, Krave, Primal Spirit Foods*
- ❑ Jennie-O All Natural Turkey Breast Sticks (refrigerated)
- ❑ Hillshire Snacking Grilled Chicken Bites (refrigerated)

BREAD

- ❑ Light bread slices: *Weight Watchers, Nature's Own 40 Calories & Double Fiber, Arnold Bakery Light Bread, Sara Lee 45 Calories & Delightful, Pepperidge Farm Light Style & Very Thin, Fiber One*
- ❑ 100-calorie flat sandwich buns: *Arnold/Brownberry/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats, Nature's Own Sandwich Rounds*
- ❑ Light English muffins: *Thomas' (Double Protein & High Fiber)*
- ❑ 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 Fajita Carb Balance, Tumaro's (Low-in-Carb, New York Deli-Style, Mexican Style)*
- ❑ Light high-fiber flatbreads: *Flatout (Hungry Girl Foldits, Light, ProteinUP CarbDown, Pinwheel Lavash, Thin Crust Artisan Pizza, Gluten Free)*
- ❑ 6-inch corn tortillas
- ❑ Corn taco shells (flat-bottomed)
- ❑ Light & thin bagels: *Western Bagel Alternative 2.0, Weight Watchers, Thomas' Bagel Thins, Pepperidge Farm Bagel Flats*

FROZEN MEALS & MEAL STARTERS

- ❑ LF waffles: *Eggo Nutri-Grain LF, Van's Lite*
- ❑ Breakfast sandwiches, bowls, wraps & more: *Weight Watchers Smart Ones, Jimmy Dean Delights Breakfast Sandwiches & Bowls, Special K Flatbread Breakfast Sandwiches, Cedarlane Egg White Omelettes & Frittatas, Amy's Hot Cereal Bowls, EVOL Lean & Fit*
- ❑ Burritos & wraps: *Amy's, Cedarlane, EVOL, Red's*
- ❑ Pizzas (multi-serving & single-serving): *Hungry Girl Originals,*

Kashi, Amy's (Light & Lean), Lean Cuisine, Weight Watchers Smart Ones, Better4U, MorningStar Farms

- ❑ Classic entrees: *Kashi, Healthy Choice (Steamers), Lean Cuisine, Cedarlane, Amy's (Light & Lean), MorningStar Farms, Lightlife, EVOL*
- ❑ Garden Lites (Souffles & more)
- ❑ Low-calorie soups: *Tabatchnick*
- ❑ LF veggie chili: *Tabatchnick*

ICE CREAM, FROZEN DESSERTS & DESSERT INGREDIENTS

- ❑ Light ice cream cartons: *Dreyer's/Edy's Slow Churned, Halo Top All Natural, Arctic Zero*
- ❑ Portion-controlled light ice cream: *Dreyer's/Edy's Slow Churned, Weight Watchers*
- ❑ Frozen yogurt: *Dreyer's/Edy's Slow Churned Yogurt Blends, Stonyfield Organic Frozen Nonfat & Low Fat Yogurt, Healthy Choice Greek Frozen Yogurt*
- ❑ Yasso Frozen Greek Yogurt bars (Sea Salt Caramel! Chocolate Fudge!)
- ❑ So Delicious Dairy Free Almond & Coconut Milk Frozen Desserts (including Minis)
- ❑ Enlightened The Good-For-You Ice Cream
- ❑ JC's Nudies
- ❑ LF fudge bars: *Healthy Choice Premium, Weight Watchers Giant, Skinny Cow, NSA & LF Fudgsicles*
- ❑ Fruit bars: *Blue Bunny FrozFruit, Fruitfull Juice Bars, Nestlé Outshine (try Fruit & Veggie), Fruttare (plus Fruit & Milk bars), Chloe's Soft Serve*
- ❑ All-Natural GoodPop
- ❑ Mini fillo shells: *Athens*
- ❑ Frozen whipped topping: *Truwhip (Original or Skinny), So Delicious CocoWhip!*
- ❑ Dole Strawberry, Banana, and Pineapple Dippers

SAUCES, SALAD DRESSING & CONDIMENTS

- ☐ Light & LF salad dressings: *Newman's Own Lite (Sesame Ginger!), Wish-Bone Light, Bolthouse Farms (esp. yogurt dressings), Kraft Light, Litehouse Lite & Opa, Margie's, Marzetti Simply Dressed & Light*
- ☐ Vinegar (balsamic, rice, seasoned rice, red wine, white wine, cider): *Nakano Seasoned Rice Vinegars (Mango!), Pompeian (Jalapeño!)*
- ☐ 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, and fun flavors like the ones by French's!)
- ☐ Ketchup: *Heinz (Real Jalapeño, No Salt, Reduced Sugar, Organic, Simply, Balsamic Vinegar)*
- ☐ Hot sauces: *Frank's RedHot Original, Tabasco*
- ☐ RF peanut butter: *Jif RF, Skippy RF Creamy & RF Super Chunk*
- ☐ Justin's Nut Butters (portion-controlled packs)
- ☐ Powdered peanut butter: *Jif, Just Great Stuff, PB2*
- ☐ Low-sugar fruit preserves & jam: *Smucker's Low Sugar*
- ☐ Marinades (30 calories or less per tbsp.): *Lawry's, Mrs. Dash, Margie's*
- ☐ LF marinara, pasta & pizza sauce: *Classico, Dei Fratelli*
- ☐ Salsa: *La Victoria, Pace, Newman's Own*
- ☐ Hummus: *Eat Well Embrace Life (esp. Other Bean varieties like Zesty Sriracha Carrot!), Tribe Swirl*
- ☐ Single-serving guacamole: *Wholly Guacamole Minis, GoodFoods Tableside Greek Yogurt Guacamole*
- ☐ Reduced-sodium/lite soy sauce
- ☐ Slawsa

BEVERAGES

- ☐ Spring water
- ☐ Flavored water (check calories & servings per container): *Nestlé Pure Life Water, V8 Infused Water, Vitaminwater Zero, 0 Calories SoBe Lifewater*
- ☐ WTRMLN WTR Cold-Pressed Juiced Watermelon
- ☐ Low-calorie & light juice beverages: *Diet V8 Splash, V8 V-Fusion Light, Trop50, Ocean Spray Diet & Light, Bai5*
- ☐ Low-calorie drink mixes: *True Lemon, Crystal Light, Starbucks VIA Refreshers*
- ☐ Diet soda & club soda: *Zevia, Honest Fizz, Blue Sky, Coke Zero (and other Zeros), Dr. Brown's Diet*
- ☐ Unsweetened sparkling water: *Dasani, LaCroix, Nestlé Pure Life Exotics, Spindrift Seltzer*
- ☐ Unsweetened and diet iced tea: *Tejava, Diet Gold Peak Tea, Argo (unsweetened), Diet Snapple (Trop-A-Rock!), Diet AriZona*
- ☐ Unsweetened instant iced tea mix: *Lipton*
- ☐ Tea bags: *Celestial Seasonings, Tazo, Stash, Bigelow, Good Earth*
- ☐ Ready-to-brew coffee: *Dunkin' Donuts (Bakery Series!), K-Cups, Starbucks (Blonde Roast!)*
- ☐ Instant coffee granules: *Folgers, Nescafé Taster's Choice*
- ☐ Starbucks VIA Ready Brew
- ☐ Cold-brew coffee: *Chameleon, Trader Joe's*
- ☐ Mamma Chia Organic Chia Squeeze Vitality Packs (beverage/snack hybrids)

BAKING PRODUCTS & PANTRY STAPLES

- ☐ Whole-wheat flour
- ☐ Pancake mix: *Aunt Jemima Whole Wheat Blend, Hungry Jack Complete Extra Light & Fluffy, Bisquick Heart Smart, FlapJacked*
- ☐ Protein powder with about 100 calories per serving: *Quest,*

Designer Whey, Tera's Whey, Rainbow Light, Jay Robb

- ☐ Mini semi-sweet chocolate chips
- ☐ Unsweetened cocoa powder
- ☐ Unsweetened coconut flakes
- ☐ 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 (ProteinPLUS, White Fiber, Whole Grain), Ronzoni (Healthy Harvest, Smart Taste, Ronzoni 150)*
- ☐ House Foods Tofu Shirataki Noodle Substitute (refrigerated tofu section!)
- ☐ No-calorie sweetener packets: *Truvia, SweetLeaf, Stevia In the Raw, Splenda, Equal*
- ☐ No-calorie granulated sweetener (comes loose, not in packets): *Truvia, Stevia In The Raw, Splenda*