

FAST & EASY SUPERMARKET LIST

DAIRY & DAIRY SWAPS

- reduced-fat cheese (both shredded & sliced)
- crumbled feta cheese
- grated Parmesan cheese
- light/reduced-fat cream cheese
- light/low-fat ricotta cheese
- fat-free plain Greek yogurt
- eggs, liquid egg whites, and/or fat-free liquid egg substitute
- unsweetened vanilla almond milk
- light sour cream
- whipped butter
- light mayonnaise

MEAT & SEAFOOD

Poultry

- skinless chicken breast (both raw & cooked)
- fully cooked chicken sausage
- extra-lean ground chicken or turkey (at least 98% lean)
- sliced skinless turkey breast (reduced-sodium)

Beef

- extra-lean ground beef (at least 96% lean)
- lean flank steak

Pork

- lean pork tenderloin
- boneless pork chops
- sliced ham (reduced-sodium)

Bacon

- center-cut bacon or turkey bacon
- precooked crumbled bacon

Seafood

- tilapia, tuna, salmon & other fish fillets
- shrimp
- scallops
- crab (real or imitation)
- smoked salmon
- canned or pouched albacore tuna packed in water

PRODUCE

Bagged Produce

- chopped lettuce
- spinach
- coleslaw mix
- broccoli slaw

More Fresh Veggies

- bell peppers
- onions
- mushrooms
- zucchini & yellow squash
- tomatoes

Frozen Vegetables

- stir-fry vegetables
- sweet corn kernels
- riced cauliflower (or DIY)
- spiralized zucchini (or DIY)
- broccoli & cauliflower

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PRODUCE

Fresh Fruit

- apples
- berries
- oranges

Frozen Fruit

- strawberries
- mango chunks
- peach slices
- . . . and MORE fruits and veggies!

CANNED & JARRED FOODS

- tomatoes (crushed, stewed & diced)
- chicken, beef & vegetable broth
- beans (black, kidney, garbanzo, refried & more)
- sliced water chestnuts
- pineapple packed in juice
- mandarin orange segments packed in juice

SAUCES, SALAD DRESSINGS & CONDIMENTS

- light salad dressings
- vinegar (balsamic, rice & more)
- BBQ sauce with 45 calories or less per 2-tablespoon serving
- mustard (yellow, honey & Dijon)
- ketchup
- powdered peanut butter
- low-sugar fruit preserves & jam
- marinara sauce with 70 calories or less per 2-tablespoon serving

- salsa
- reduced-sodium/lite soy sauce
- thick teriyaki sauce or marinade
- sweet chili sauce
- enchilada sauce (red & green)
- chicken or turkey gravy

BAKING PRODUCTS & PANTRY STAPLES

- old-fashioned oats
- whole-wheat flour
- panko bread crumbs
- almonds
- pistachios
- 6-inch corn tortillas
- bagged sun-dried tomatoes (not packed in oil)
- sweetened dried cranberries
- protein powder with about 100 calories per scoop
- mini semisweet chocolate chips
- unsweetened cocoa powder
- nonstick cooking spray
- olive oil
- natural no-calorie sweetener packets
- natural no-calorie granulated sweetener
- everything bagel seasoning
- taco seasoning
- chili seasoning
- jarred chopped garlic (refrigerate once opened)