

Hungry Girl's Summer 2009 Supermarket List

Dairy, Dairy Alternatives, & Egg Products

Cheese

- Fat-free or reduced-fat shredded cheese (Kraft, Lifetime, Sargento, Galaxy Veggie Shreds, Weight Watchers)
- Fat-free or reduced-fat block cheeses (Lifetime, Cabot)
- Fat-free or reduced-fat cheese slices (Kraft, Sargento, Galaxy Veggie Slices)
- Fat-free cottage cheese (or Fiber One Lowfat with Fiber)
- Fat-free cream cheese (or Weight Watchers Reduced Fat Spread)
- Fat-free or reduced-fat crumbled feta
- The Laughing Cow Light Cheese Wedges
- Light string cheese (50 - 60 calories w/ about 2g fat)
- Assorted reduced-fat cheese snacks (Weight Watchers, Sargento)
- The Laughing Cow Light Gourmet Cheese Bites
- Reduced-fat Parmesan-style grated topping (usually found in the pasta aisle)

Egg Products

- Fat-free liquid egg substitute (Egg Beaters Original, Better'n Eggs, Nulaid ReddiEgg)
- Liquid egg whites (All Whites, Egg Beaters Whites)
- Eggs (for making hard-boiled egg whites)

Yogurt

- Fat-free or low-fat yogurt (Yoplait Light, Dannon Light & Fit, Weight Watchers, Yoplait Fiber One)
- Fat-free plain Greek yogurt (Fage Total 0%, Trader Joe's 0%, Chobani Nonfat)
- Fat-free or low-fat fruity Greek yogurt (Fage Total 2% with Fruit, Chobani Nonfat)

Milk and Milk Swaps

- Refrigerated light soymilk in plain, vanilla, and chocolate (8th Continent Light, Silk Light)

- Almond Breeze in Unsweetened Vanilla, Unsweetened Original, and Unsweetened Chocolate (where the non-refrigerated soymilks are stocked -- request the new refrigerated kind!)

Pudding

- Sugar-free or no-sugar-added pudding cups (Jell-O Sugar Free, Sugar Free Handi-Snacks, Hunt's No Sugar Added)
- Kozy Shack No Sugar Added Rice Pudding and Tapioca Pudding

Assorted Low-Calorie Condiments

- Fat Free Reddi-wip
- Cool Whip Free (freezer aisle)
- Coffee-mate Original Fat Free liquid creamer
- Coffee-mate Fat Free or Sugar Free French Vanilla powdered creamer
- Fat-free sour cream
- Fat-free mayonnaise (or Hellmann's/ Best Foods Low Fat)
- Light buttery spread or light whipped butter (Brummel & Brown, Land O'Lakes Whipped Light Butter, Smart Balance 37% Light Buttery Spread)
- I Can't Believe It's Not Butter! Spray

Cereal

Cold Cereal

- Puffed stuff (puffed wheat, rice, and/or corn; Kashi 7 Whole Grain Puffs; Kix)
- Shredded wheat (like Fiber One's Frosted version)
- Fiber One Bran Cereal (original)
- Kashi Honey Sunshine
- Zoe's Granola

Hot Cereal

- Instant oatmeal packets (Quaker Instant, Quaker Simple Harvest Instant Multigrain Hot Cereal)
- Amy's Hot Cereal Bowls (freezer aisle)
- Old-fashioned oats (great for recipes)

Meat & Seafood

Meat

- Nearly fat-free (around 97%) turkey, chicken, and/or ham slices (Oscar Mayer Deli Fresh, Applegate Farms, Butterball, Healthy Ones)

- Lean, skinless, boneless chicken and turkey breast (Tyson, Perdue Fit & Easy, Just Bare, Foster Farms)
- Extra-lean or lean ground turkey breast (Jennie-O, Butterball)
- Fat-free or nearly fat-free hot dogs (Hebrew National 97% Fat Free Beef Franks, Yves Meatless Hot Dogs or Tofu Dogs, Ball Park Fat Free Franks or Bun Size Smoked White Turkey Franks, Hoffy Extra Lean Beef Franks)

Seafood

- Canned/pouched tuna in water
- Real or imitation crabmeat
- Starkist Salmon, Albacore, and Tuna Creations
- Bumble Bee Prime Fillet Albacore Steak Entrées
- Frozen or fresh shrimp and scallops
- Frozen or fresh fish fillets (like tilapia, tuna, and cod)
- Gorton's frozen grilled shrimp and fish fillets (tilapia, salmon)

Assorted Meaty Extras

- Hormel Turkey Pepperoni or Yves Meatless Pepperoni
- Lean turkey burger patties (Jennie-O, Butterball)
- Extra-lean or lean turkey bacon (Jennie-O Extra Lean, Louis Rich)
- Bacon bits (real or imitation)
- Soy, turkey, or beef jerky (Tasty Eats -- any variety but the chicken-flavored ones, which don't taste good --, Jack Link's, Oh Boy! Oberto)
- Jack Link's Premium Cuts (Chicken Nuggets!)

Veggies

Fresh

- Chopped and prepared veggies/veggie snacks (Mann's Light Bites, Mann's Snacks on the Go)
- Salad greens
- Giant romaine lettuce leaves and cabbage (like Mann's Lettuce Singles -- great for wraps!)
- Veggies for munching on (cherry tomatoes, broccoli, sugar snap peas, baby carrots)
- Broccoli slaw mix
- Tomatoes
- Bell peppers
- Onions (for Lord of the Onion Rings!)

- Butternut squash (for HG's special fries)
- More fresh vegetables of your choice

Frozen

- Steamable veggies (Birds Eye Steamfresh, Green Giant Valley Fresh Steamers)
- Seasoned veggies or veggies in low-fat sauce (Green Giant Just for One!, Green Giant Healthy Blends)

Fruit

Fresh

- Grab-n-go fruit (apples, bananas, oranges)
- Berries (strawberries, blueberries, raspberries)
- More fresh fruit of your choice

Canned & Frozen

- Canned fruit in juice or water (pineapple, mandarin oranges, peaches)
- Frozen fruit with no added sugar (strawberries, dark sweet cherries, mango chunks)
- No-sugar-added applesauce (great flavored varieties!)

Soups & Other Canned Goods

Low-Calorie Canned Soups

- Progresso 99% Fat Free Soups and WW-endorsed Light Soups
- Amy's Organic Light in Sodium Soups (the Chunky Tomato Bisque is amazing!)

Broths and Chili

- Fat-free chicken, beef, or vegetable broth (look for ones low in sodium)
- Canned low-fat turkey or veggie chili (Hormel, Health Valley)

Non-Canned Guilt-Free Soups

- Tabatchnick Soups (freezer aisle)
- Mishima instant soups (Miso and Edamame!)
- Campbell's Soup at Hand (check stats for low-fat ones)
- Campbell's V8 Soups

More Canned Fun

- Pure pumpkin (Libby's!)
- Black beans (look for low-sodium)
- Other beans of your choice (garbanzo, kidney)

- Fat-free refried beans
- Tomato sauce (look for flavored varieties)
- Crushed or diced tomatoes (great for chunky sauce, and look for flavored options)

Packaged Snacks, Bars, Etc.

Crackers and Low-Fat Chips

- High-fiber crackers (Wheat Thins Fiber Selects, Ryvita, Wasa)
- Guiltless Gourmet Tortilla Chips
- Baked and/or reduced-fat potato chips (Kettle Bakes, Baked! Potato Crisps, Pringles Light, Cape Cod 40% Reduced Fat)
- Popchips (or Popped Chips)

Popcorn and Other Crunchy Snacks

- 94% fat-free mini microwave popcorn bags (Jolly Time Healthy Pop Mini Bags, Orville Redenbacher's Smart Pop! Mini Bags, Pop Secret 94% Fat Free Snack Size)
- Rice cakes and snacks (Quaker Rice Cakes, Quaker Quakes, Quaker Tortillaz)
- Soy crisps (Genisoy, Glennys)

100-Calorie-or-Less Snack Packs and Treats

- Snack cakes (Hostess 100 Calorie Packs, Weight Watchers Snack Cakes)
- Quaker Mini Delights
- 100-calorie packs of Blue Diamond Almonds
- VitaTops, VitaMuffins, and VitaBrownies (freezer aisle!)
- Pringles Stix
- Oreo Wafer Sticks Fun Stix
- Assorted 100-calorie snack packs (Nabisco, Right Bites, Mini Bites, Chex Mix)
- Portion-controlled chocolate candy bars (100 Calorie Bars -- Hershey's, Reese's, York, Snickers, Milky Way, and Twix --, Hershey's Sticks)
- Entenmann's Little Bites 100 Calorie Packs

Bite-Worthy Bars

- Cereal bars and chewy granola bars (Fiber One Chewy Bars, Quaker 90 Calorie Chewy Granola Bars, Special K Cereal Bars, Special K Bliss Bars, South Beach Living Fiber Fit Granola Bars)

- Crunchy granola bars (Nature Valley, Kashi)
- Decadent snack bars (South Beach Living Delights Snack Bars, Chex Mix Bars, Promax 70 Calorie Bars)
- Mini-meal-type bars (Kashi GoLean Bars, Kind Bars, Luna Bars)

Assorted Guilt-Free Snack Foods

- Freeze-dried fruit (Gerber Mini Fruits, Just Tomatoes, Trader Joe's, Sensible Foods Crunch Dried Snacks, Funky Monkey, Crispy Green)
- Gerber Fruit Puffs and Veggie Puffs
- Everybody's Nuts! California Pistachios
- All Natural Almond Accents
- Jell-O Sugar Free Gelatin Snacks
- Krinkle Sticks
- Fiber One Toaster Pastries
- Newtons Fruit Crisps

Bread Aisle

Bread and Buns

- Low-calorie, high-fiber light bread (Weight Watchers; Nature's Own Light and Double Fiber; Arnold's Bakery Light; Pepperidge Farm Light Style, Very Thin, and Whole Grain; Sara Lee Delightful; Fiber One)
- Light buns (Nature's Own Double Fiber Buns, Pepperidge Farm Classic Whole Grain White Hamburger Buns and Hot Dog Buns)

English Muffins and Bagels

- Light english muffins (Weight Watchers, Thomas' Light Multi Grain or 100 Calorie Original, Western Bagel Alternative, Fiber One)
- Low-calorie bagels (Western Bagel Alternative, Weight Watchers, Kim's Light Bagels)

Tortillas and More

- Low-fat, high-fiber flour tortillas with around 110 calories each (La Tortilla Factory Smart & Delicious Low Carb High Fiber, Mission Carb Balance, Tumaro's 8" Low in Carbs or Healthy Flour Tortillas, Flatout Light Wraps)
- Arnold Select/Oroweat Sandwich Thins
- High-fiber pita bread (Western Bagel Alternative, Weight Watchers)

Ice Cream & Frozen Novelties

- Fat-free or low-fat ice cream (Dreyer's/Edy's Slow Churned Light Ice Creams, Dreyer's/Edy's Loaded, Breyers Double Churn FREE)
- Low-fat ice cream sandwiches (The Skinny Cow, Weight Watchers, Klondike Slim-a-Bear)
- Fruit bars (Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's No Sugar Added Fruit Bars)
- Low-fat fudge bars (Weight Watchers GIANT, Healthy Choice Premium, No Sugar Added Fudgsicles)
- Portion-controlled light ice cream cups (Weight Watchers, Dreyer's/Edy's)
- Light ice cream bars (The Skinny Cow, Blue Bunny Sweet Freedom "Lites")
- Weight Watchers Sherbet and Ice Cream Bars
- Fruity popsicles (Sugar Free Popsicles, Crystal Light)
- Guilt-free sundae cones (Nestle Lil' Drums, Weight Watchers, The Skinny Cow)

Sauces, Dressings, Etc.

- Low-calorie salad dressings (Girard's Fat Free, Wish-Bone Bountifuls, Kraft Free, Kraft Light, Hidden Valley Fat Free, Wish-Bone Light, Newman's Own Lighten Up!, low-cal ones from Litehouse)
- Spray dressings (Wish-Bone, Ken's, Newman's Own)
- Sugar-free maple syrup (Cary's Sugar Free, Mrs. Butterworth's Sugar Free, Log Cabin Sugar Free)
- Salsa (fresh, La Victoria, Pace)
- Sugar-free preserves (Smucker's Sugar Free)
- Frank's RedHot (original and flavored varieties)
- Hellmann's/Best Foods Dijonnaise
- Ketchup (Heinz, Heinz Reduced Sugar)
- Mustard (honey, Dijon, spicy brown)
- Vivi's Original Sauce Carnival Mustards (request 'em!)
- Reduced-sodium or light soy sauce
- KC Masterpiece Classic Blend BBQ Sauce
- Low-calorie marinades (Mrs. Dash, Lawry's, Newman's Own)

Guilt-Free Frozen Foods & Meals

Breakfast-y Finds

- Eggo Nutri-Grain Low-Fat Waffles
- Kraft Bagel-fuls
- Weight Watchers Smart Ones Morning Express
- Jimmy Dean D-Lights Breakfast Sandwiches and Bowls

Meat Substitutes

- Veggie burgers and soy patties (Boca, Gardenburger, Morningstar Farms, Dr. Praeger's -- blot the oil! --, Amy's)
- Ground-beef-style soy crumbles (Boca, Morningstar Farms)
- Breaded-chicken-style soy patties (Boca, Morningstar Farms)
- Morningstar Farms Corn Dogs
- Morningstar Farms Hickory BBQ Riblets

Sandwiches, Etc.

- Guilt-free burritos and wraps (Amy's, Cedarlane)
- Kashi Pocket Bread Sandwiches
- Low-cal paninis (Lean Cuisine, Healthy Choice)
- Lean Cuisine Flatbread Melts
- Lean Pockets

HG Pizza Finds

- Amy's Spinach Pizza in a Pocket Sandwich
- South Beach Living Pizza
- Amy's Cheese Pizza Toaster Pops
- Kashi All Natural Frozen Pizzas (Mexicali Black Bean Thin Crust!)
- Weight Watchers Smart Ones Artisan Creations

Entrees and More

- Boca Meatless Lasagna
- Boca Meatless Chili
- Amy's Mexican Tamale Pie
- Amy's Shepherd's Pie
- Kashi All Natural Entrees (Mayan Harvest Bake!)
- Healthy Choice Cafe Steamers
- Healthy Choice All Natural Entrees (Pumpkin Squash Ravioli!)
- Contessa Stir Fry Meals
- Lean Cuisine (Beef Chow Fun!)

Beverages

- Diet soda (Coke Zero, Coke Cherry Zero, Sprite Zero)
- Coffee (Millstone, Dunkin' Donuts)
- Tea (Celestial Seasonings, Stash)

- Sugar-free powdered drink mixes (Crystal Light, Wyler's Light, Lipton Iced Tea To Go)
- Flavored water (Dasani Essence, Aquafina Flavorsplash, Vitaminwater10)
- Spring water
- Trop50 orange juice beverage
- SoBe Lean
- Ocean Spray Diet
- Swiss Miss Sensible Sweets Diet Hot Cocoa Mix (make sure to get the 25-calorie Diet one!)
- Minute Maid Fruit Falls

Baking Goods, Spices, & More

Pantry Staples

- Whole-wheat flour
- Mini semi-sweet chocolate chips
- Pillsbury Reduced Sugar Cake Mixes
- Low-fat honey graham crackers
- Sugar-free fat-free instant pudding mix
- Better'n Peanut Butter/Peanut Wonder (or reduced-fat PB)
- Brown rice (pre-portioned and/or instant)
- No-calorie sweetener packets (Splenda, Truvia)
- Splenda No Calorie Sweetener, granulated (comes loose in the box, not in packets)
- Splenda Flavors for Coffee
- Unsweetened cocoa powder
- Torani Sugar Free Syrups
- Instant coffee crystals
- Nonstick cooking spray (Pam in Original, Professional High Heat, and Olive Oil)

Assorted Spices, Seasonings, Etc.

- Vanilla extract
- Cinnamon
- Pumpkin pie spice
- Garlic powder
- Onion powder
- Dry seasoning mixes (taco, fajita, chili, etc.)

Fridge Must-Haves

- Pickles (burger chips and spears)
- House Foods Tofu Shirataki noodles (near the other tofu products)
- Pillsbury Reduced Fat Crescent Rolls
- Pillsbury Crescent Recipe Creations
- Pillsbury Classic Pizza Crust