

Hungry Girl's 2011 Supermarket List

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

Dairy, Dairy Alternatives & Egg Products

Cheese

- FF or RF shredded cheese (Kraft, Lifetime, Sargento, Galaxy Veggie Shreds, Weight Watchers)
- FF or RF block cheeses (Lifetime, Cabot)
- Lisanatti Foods The Original Almond Cheese Alternative
- FF or RF cheese slices (Kraft, Sargento, Galaxy Veggie Slices, Weight Watchers)
- FF or LF cottage cheese (Fiber One, Knudsen/Breakstone's On the Go!/ Snack Size, Knudsen/Breakstone's Doubles)
- FF cream cheese (or Weight Watchers RF Spread)
- FF or RF crumbled feta
- The Laughing Cow Light Cheese Wedges (NEW FLAVORS!)
- The Laughing Cow Mini Babybel Light
- Light string cheese (50 - 60 calories w/ about 2g fat each)
- Assorted RF cheese snacks (Weight Watchers, Sargento)
- Kraft 100 Calorie Packs Cheese Bites
- RF Parmesan-style grated topping (pasta aisle, usually)

Egg Products

- FF 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

- FF or LF yogurt (Yoplait Light, Dannon Light & Fit, Weight Watchers, Yoplait Fiber One)
- FF plain Greek yogurt (Fage Total 0%, Trader Joe's 0%, Chobani 0%)
- FF or LF fruity Greek yogurt (Fage Total 0% or 2% w/ Fruit, Chobani 0% or 2% w/ Fruit, Athenos 0% w/ Fruit)

Milk & Milk Swaps

- Refrigerated light vanilla soymilk (8th Continent Light, Silk Light)
- Blue Diamond Unsweetened Vanilla Almond Breeze (stocked with refrigerated or non-refrigerated soymilks)
- Silk Pure Almond (fridge section!)

- So Delicious Unsweetened Coconut Milk Beverage (stocked with refrigerated or non-refrigerated soymilks)

Pudding

- SF or NSA pudding cups (Jell-O SF, Snack Pack SF or NSA, Handi-Snacks SF)
- Kozy Shack NSA Rice Pudding & Tapioca Pudding
- Mousse Temptations by Jell-O

Assorted Low-Cal Condiments

- FF Reddi-wip
- Cool Whip Free (freezer aisle)
- Coffee-mate Original FF liquid creamer
- Coffee-mate FF or SF French Vanilla powdered creamer
- Coffee-mate Powder Stick Packs
- FF sour cream
- FF or LF mayo
- Light buttery spread or light whipped butter (Brummel & Brown, Land O Lakes Whipped Light, Smart Balance Light)
- I Can't Believe It's Not Butter! Spray

Cereal

Cold Cereal

- Puffed stuff (puffed wheat, rice &/or corn; Kashi 7 Whole Grain Puffs; Kix)
- Shredded wheat (like Fiber One's frosted version)
- Fiber One Original bran cereal
- Kashi Honey Sunshine
- Kashi Heart to Heart Warm Cinnamon Oat Cereal
- Chocolate Cheerios
- Cinnamon Burst Cheerios

Hot Cereal

- Instant oatmeal packets (Quaker -- standard, Mix-Up Creations & True Delights)
- Old-fashioned oats
- Amy's Hot Cereal Bowls (freezer aisle)

Meat & Seafood

Meat

- Nearly FF (around 97%) turkey, chicken &/or ham slices (Oscar Mayer Deli Fresh, Applegate Farms, Butterball, Healthy Ones, Sara Lee, Boar's Head)
- Boneless skinless lean chicken &/or turkey breast
- Lean ground turkey breast (Jennie-O, Butterball)

- Extra-lean ground beef
- Hot dogs w/ about 40 calories and 1g fat (Hebrew National 97% FF, Ball Park FF, Ball Park Bun Size Smoked White Turkey, Hoffs Extra Lean)
- Canned 98% FF chunk white chicken breast in water

Seafood

- Canned/pouched albacore tuna in water (low-sodium options!)
- Canned/pouched salmon in water
- Real or imitation crabmeat
- StarKist Salmon, Albacore & Tuna Creations
- Bumble Bee Prime Fillet Albacore Steak Entrees
- Frozen or fresh shrimp & scallops
- Frozen or fresh fish fillets (like tilapia, tuna & flounder)
- Gorton's frozen grilled shrimp & fish fillets (tilapia, salmon)

Assorted Meaty Extras

- Hormel Turkey Pepperoni (and Minis!)
- Lean turkey burger patties (Jennie-O, Butterball)
- Center-cut bacon or turkey bacon (Jennie-O, Oscar Mayer)
- Precooked real crumbled bacon (or imitation bacon bits)
- Soy, turkey, or beef jerky (Tasty Eats -- not the chicken-flavored ones --, Jack Link's, Oh Boy! Oberto, Healthy Snackin's Simply Snackin')
- Jack Link's Premium Cuts (Chicken Nuggets!)

Veggies

Fresh

- Chopped & prepared veggies/veggie snacks (Mann's Snacks on the Go)
- Salad greens
- Giant romaine lettuce leaves & cabbage (like Mann's Simply Singles -- for wraps!)
- Veggies for munching on (cherry tomatoes, broccoli, sugar snap peas, baby carrots)
- Broccoli slaw mix
- Mann's Lo Mein Stir Fry (part veggies, part noodles)
- Tomatoes
- Bell peppers
- Onions (for Lord of the Onion Rings!)
- Butternut squash (or KABOCHA!)
- Kale (for Baked Kale chips!)

- More fresh veggies of your choice

Frozen

- Steam-in-the-bag veggies (Birds Eye, Green Giant, Veg-All)
- Seasoned veggies or veggies in LF sauce (Green Giant Just for One!, Green Giant Health Blends)

Fruit

Fresh

- Grab-n-go fruit (apples, pears, bananas, oranges)
- More fresh fruit of your choice

Canned & Frozen

- Canned fruit in juice or water (pineapple, mandarin oranges, peaches)
- NSA frozen fruit (strawberries, dark sweet cherries, mango chunks, peach slices, mixed berries)
- NSA applesauce (flavored!)

Soups & Other Canned Goods

Low-Cal Canned Soups

- Progresso (99% FF, Light & High Fiber)
- Amy's Organic (Chunky Tomato Bisque! Light in Sodium options!)

Broths & Chili

- FF chicken, beef, or veggie broth (look for low-sodium)
- Canned LF turkey or veggie chili (Hormel, Health Valley)

Non-Canned Guilt-Free Soups

- Tabatchnick Soups (freezer aisle)
- Kettle Cuisine Soups & Chili (freezer aisle)
- Mishima instant soups (Miso & Edamame!)
- Campbell's Soup at Hand (check stats for LF 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, cannellini)
- FF refried beans
- Tomato sauce (look for seasoned)
- Crushed tomatoes (for chunky sauce & look for seasoned)
- Diced tomatoes (fire-roasted!)

Packaged Snacks, Bars, Etc.

Crackers & LF Chips

- High-fiber crackers (Wheat Thins Fiber Selects, Ryvita, Wasa, Dr. Kracker Flatbreads)
- Guiltless Gourmet Tortilla Chips
- Baked &/or RF potato chips (Kettle Brand Baked, Lay's Baked!, Pringles Light, Cape Cod 40% RF)
- Popchips (or Trader Joe's Popped Potato Chips)
- Snack Factory Pretzel Crisps

Popcorn & Other Crunchy Snacks

- 94% FF mini microwave popcorn bags (Jolly Time Healthy Pop, Orville Redenbacher's SmartPop!, Pop Secret 100 Calorie Pop)
- Rice cakes & snacks (Quaker Rice Cakes & Tortillaz)
- Soy crisps (Genisoy, Glenny's)
- Michael Season's Baked single-serving snacks

100-Calorie-or-Less Snack Packs & Treats

- Snack cakes (Hostess 100 Calorie Packs, Weight Watchers Snack Cakes)
- Quaker Mini Delights
- Rice Krispies Treats The Original Bars
- Vitalicious VitaTops, VitaMuffins & VitaBrownies (freezer aisle!)
- Pringles Stix
- Assorted 100-calorie snack packs (Nabisco, Right Bites, Mini Bites, Chex Mix)
- 100 Calorie Bars (Hershey's, Reese's, York)
- Entenmann's Little Bites 100 Calorie Packs

Bite-Worthy Bars

- Cereal bars & chewy granola bars (Fiber One, Quaker 90 Calorie, Special K, South Beach Living Fiber Fit, Kashi)
- Crunchy granola bars (Nature Valley, Kashi)
- Decadent snack bars (South Beach Living Delights, Chex Mix, Promax 70 Calorie)
- Mini-meal-type bars (Kashi GoLean, Kind, Luna, Lara)
- Soyjoy Bars (new & improved!)

Assorted Guilt-Free Snack Foods

- Freeze-dried fruit (Gerber Mini Fruits, Just Tomatoes, Trader Joe's, Sensible Foods, Funky Monkey, Crispy Green)
- Gerber Fruit Puffs & Veggie Puffs
- Jell-O SF Gelatin Snacks

- LesserEvil Krinkle Sticks
- Fiber One Toaster Pastries
- Newtons or Special K Fruit Crisps

Nuts

- Pistachios (Everybody's Nuts!)
- All Natural Almond Accents (or sliced almonds)
- 100-calorie bags of Blue Diamond Almonds (new flavors!)
- Emerald 100 Calorie Packs (Cocoa Roast Almonds!)

Bread Aisle

Bread & Buns

- Low-cal, high-fiber light bread (Weight Watchers; Nature's Own Light & Double Fiber; Arnold's Bakery Light; Pepperidge Farm Light Style, Very Thin & Whole Grain; Sara Lee Delightful; Fiber One)
- Light or small buns (Sara Lee Delightful, Nature's Own Double Fiber, Pepperidge Farm Classic Soft, Sara Lee Soft & Smooth Mini)
- 100-calorie flat buns (Arnold Select/Oroweat Sandwich Thins, Pepperidge Farm Deli Flats, EarthGrains Thin Buns, Nature's Own Sandwich Rounds, WW Rye Flat Rolls)

English Muffins & Bagels

- Light English muffins (Weight Watchers, Thomas', Western Bagel Alternative, Fiber One)
- Low-cal bagels (Sara Lee Delightful, Western Bagel Alternative, Weight Watchers, Kim's Light)
- Thomas' Bagel Thins (new Cinnamon Raisin!)

Tortillas & Pitas

- LF high-fiber flour tortillas with around 110 cals each (La Tortilla Factory Smart & Delicious Low Carb High Fiber or 100 Calorie, Mission Carb Balance, Tumaro's 8" Healthy or Low in Carbs)
- 6-inch corn tortillas
- Taco shells (flat-bottom ones!)
- Lavash or high-fiber flatbread (Flatout Light)
- High-fiber pita bread (Western Bagel Alternative, Weight Watchers)

Ice Cream & Frozen Novelties

- FF or LF ice cream (Dreyer's/Edy's Slow Churned Light, Breyers Smooth & Dreamy FF)

- LF ice cream sandwiches (Skinny Cow, Weight Watchers, Klondike Slim-a-Bear, Breyers Smooth & Dreamy)
- Fruit bars (Blue Bunny FrozFruit, Fruitfull Juice Bars, Dreyer's/Edy's NSA Fruit Bars)
- LF fudge bars (Weight Watchers GIANT, Healthy Choice Premium, NSA Fudgsicles)
- Portion-controlled light ice cream cups (Weight Watchers, Dreyer's/Edy's, Skinny Cow)
- Light ice cream bars (Breyers Smooth & Dreamy, Skinny Cow -- especially Truffle Bars!)
- Weight Watchers Sherbet & Ice Cream Bars
- Fruity popsicles (SF Popsicles, Crystal Light)
- Guilt-free sundae cones (Nestle Lil' Drums, Weight Watchers, Skinny Cow)

Sauces, Dressings, Etc.

- Low-cal salad dressings (Girard's FF, Kraft Free, Kraft Light, Hidden Valley FF, Wish-Bone Light, Newman's Own Lighten Up!, low-cal ones from Litehouse)
- Spray dressings (Wish-Bone, Ken's)
- SF pancake syrup (Cary's SF, Mrs. Butterworth's SF, Log Cabin SF)
- Salsa (fresh, La Victoria, Pace)
- SF or low-sugar preserves (Smucker's SF, Smucker's Low Sugar, Polaner SF with Fiber)
- Frank's RedHot (Original & flavored)
- Hellmann's/Best Foods Dijonnaise
- Ketchup (Heinz, Heinz Reduced Sugar)
- Mustard (honey, Dijon, spicy brown, yellow)
- Vivi's Original Sauce Carnival Mustards (request 'em!)
- Reduced-sodium/lite soy sauce
- BBQ sauce, preferably with 45 calories or less per 2-tbsp. serving (Chris' & Pitt's)
- LF marinara or pizza sauce (Classico, Dei Fratelli)
- Low-cal marinades (Mrs. Dash, Lawry's, Newman's Own)
- Tomato paste (in a tube!)

Guilt-Free Frozen Foods & Meals

Breakfast-y Finds

- LF waffles (Kashi, Eggo LF, Van's LF)
- Kraft Bagel-fuls
- Weight Watchers Smart Ones Morning Express

- Jimmy Dean D-Lights Breakfast Sandwiches & Bowls

Meat Substitutes

- Veggie burgers & 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 Hickory BBQ Riblets
- Morningstar Farms Veggie Corn Dogs (they're BACK!)

Sandwiches, Etc.

- Guilt-free burritos & wraps (Amy's, Cedarlane)
- Low-cal panini (Lean Cuisine, Healthy Choice)
- Lean Cuisine Flatbread Melts
- Lean Pockets

HG Pizza Finds

- Amy's Spinach Pizza in a Pocket Sandwich
- Amy's Cheese Pizza Toaster Pops
- Lean Cuisine Casual Cuisine Pizzas
- Kashi All Natural Frozen Pizzas (Thin Crust!)
- Weight Watchers Smart Ones Artisan Creations

Entrees & More

- Contessa Stir Fry Meals
- Amy's Mexican Tamale Pie
- Amy's Shepherd's Pie
- Amy's Light & Lean
- Kashi All Natural Entrees (Mayan Harvest Bake!)
- Healthy Choice All Natural Entrees (Pumpkin Squash Ravioli!)
- Lean Cuisine (Market Creations!)
- Morningstar Farms Veggie Entrees
- Garden Lites All Natural Frozen Souffles

Beverages

- Diet soda (Coke Zero, Coke Cherry Zero, Sprite Zero)
- Coffee (Millstone, Dunkin' Donuts)
- Starbucks VIA Ready Brew
- Tea (Celestial Seasonings, Stash)
- SF powdered drink mixes (Crystal Light, Wyler's Light, Lipton Iced Tea To Go, AriZona)
- Flavored water (Aquafina FlavorSplash, Vitaminwater Zero, Activate)
- Spring water
- Coconut water (Zico, O.N.E., Vita Coco)
- Trop50 juice beverages

- Ocean Spray Diet
- Diet V8 Splash
- 25-calorie packets of hot cocoa (Swiss Miss Diet, Nestle FF)
- Minute Maid Fruit Falls or Just 10 Pouches
- Diet Snapple (Trop-A-Rocka Tea)

Baking Goods, Spices & More

Pantry Staples

- Whole-wheat flour
- Mini semi-sweet chocolate chips
- Pillsbury Reduced Sugar Cake Mixes
- LF honey graham crackers
- SF FF instant pudding mix (Jell-O)
- Better'n Peanut Butter/Peanut Wonder
- RF peanut butter
- Brown rice (pre-portioned &/or instant)
- Whole-wheat-blend or high-fiber pasta (Ronzoni Smart Taste, Barilla Plus)
- Betty Crocker 80 Calories Per Serving Pouch Potatoes
- No-cal 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 SF Syrups
- Instant coffee granules
- Nonstick cooking spray (Pam in Original, Professional High Heat & Olive Oil)
- Olive oil (use sparingly!)
- Vinegars (balsamic, seasoned rice, etc.)
- SF gum (Stride, Trident Layers, Extra Dessert Delights)

Assorted Spices, Seasonings, Etc.

- Vanilla extract
- Cinnamon
- Pumpkin pie spice
- Garlic powder
- Onion powder
- Italian seasoning
- Minced dried onion
- Dry seasoning mixes (taco, fajita, chili, etc.)
- Dry onion soup/dip mix
- Land O Lakes Seasoning

Fridge Must-Haves

- Dill pickles (burger chips & spears)
- House Foods Tofu Shirataki noodles (near the tofu)
- Pillsbury RF Crescent Rolls
- Pillsbury Crescent Recipe Creations Seamless Dough Sheet
- Pillsbury Classic Pizza Crust

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