

Hungry Girl's Supermarket List

Dairy, Dairy Alternatives and Egg Products

Fat-free cheeses

- Kraft Fat Free Cheeses (slices and shreds)
- Lifetime Fat Free Cheeses (shreds and blocks)
- Fat-free cottage cheese
- Fat-free ricotta cheese (light or low-fat is the next best thing)
- Fat-free cream cheese
- Fat-free crumbled feta (or reduced-fat)

Low-fat cheeses

- The Laughing Cow Light Cheese Wedges (and Light Gourmet Cheese Bites!)
- Galaxy Veggie Slices & Shreds (soy-based cheeses)
- Kraft 2% Milk Cheeses (Swiss slices and Mexican-blend shreds!)
- Light string cheese
- Weight Watchers Reduced Fat Cheeses (pre-portioned shreds, snacks and more!)
- Sargento Reduced Fat Cheeses
- Reduced-fat Parmesan-style grated topping (usually found in the pasta aisle)
- Cabot Reduced Fat Cheeses

Fat-free liquid egg substitute

- Egg Beaters, Better'n Eggs, Nulaid ReddiEgg

Fat-free or low-fat yogurt

- Yoplait Light (new CAKE flavors!), Dannon Light & Fit, Weight Watchers, Yoplait Fiber One
- Fage Total 0% Greek Yogurt
- Fage Total 2% Greek Yogurt with Fruit
- Chobani Nonfat Greek Yogurt

Low-calorie yogurt smoothies

- Lightfull Satiety, Weight Watchers

Light soymilk and non-dairy beverages

- 8th Continent Light Vanilla Soymilk, Silk Light Vanilla Soymilk (refrigerated)

- Almond Breeze in Unsweetened Vanilla, Unsweetened Original, and Unsweetened Chocolate (located with the non-refrigerated soymilks)

Assorted low-calorie condiments

- Fat Free Reddi-wip
- Cool Whip Free (in the freezer aisle)
- Coffee-mate Original Fat Free liquid creamer
- Coffee-mate Fat Free or Sugar Free French Vanilla powdered creamer
- Fat-free half & half
- Fat-free sour cream
- Fat-free mayonnaise

Cereal

Puffed stuff

- Puffed wheat, puffed rice, puffed corn
- Kashi 7 Whole Grain Puffs

Cold cereals

- Fiber One Bran Cereal (original)
- Kashi Vive
- Barbara's Bakery Puffins
- Special K Cinnamon Pecan
- Kix
- Kashi Honey Sunshine
- Shredded wheat (like Fiber One's new Frosted version!)

Hot cereals

- Quaker Instant Oatmeal packets
- Quaker Simple Harvest Instant Multigrain Hot Cereal
- Amy's Hot Cereal Bowls (freezer aisle)

Meat & Seafood

Deli-style slices

- Nearly fat-free turkey slices (5% fat or less)
- Applegate Farms sliced ham (or lean ham from the deli counter)

Lean, skinless, boneless chicken and turkey breast

- Tyson Boneless Skinless Chicken Breasts, Perdue Fit & Easy Boneless Skinless Chicken Breasts
- Foster Farms Savory Servings

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, Huffy Extra Lean Beef Franks

Seafood

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

Assorted meaty extras

- Hormel Turkey Pepperoni or Yves Meatless Pepperoni
- Jennie-O Lean Turkey Burger Patties
- Extra-lean or lean turkey bacon (like Jennie-O Extra Lean Turkey Bacon)
- Bacon bits (real or imitation)
- Jerky (soy, turkey, and/or beef)

Veggies

- Mann's Light Bites
- Mann's Snacks on the Go
- Mann's Lettuce Singles
- Green Giant Valley Fresh Steamers (freezer aisle)
- Green Giant Just for One! (freezer aisle)
- Broccoli slaw mix
- Giant romaine lettuce leaves and cabbage (great for wraps!)
- Salad greens
- Frozen veggies (steamable ones!)
- Frozen mashed butternut squash
- Fresh butternut squash (for HG's special fries)
- Onions (for our famous Lord of the Onion Rings!)
- Baby carrots
- Pickles
- Jicama (buy it pre-sliced!)
- Spaghetti squash

- Broccoli florets (great dipped in salsa!)
- Sugar snap peas (awesome straight from the bag)
- More fresh vegetables (your choice)

Fruit

- Fresh fruit (like apples, grapes, pears, and clementines)
- Canned fruit in juice or water (like pineapple, mandarin oranges, peaches, etc.)
- Frozen fruit with no added sugar (strawberries, mixed berries, dark sweet cherries, mango chunks, etc.)
- No-sugar-added applesauce (or if you're adventurous, other pureed fruits found in the baby food aisle)

Soups & Other Canned Goods

Low-calorie canned soups

- Campbell's Soup at Hand (check stats for low-fat ones), Campbell's V8 Soups, Progresso 99% Fat Free Soups, Progresso Light Soups (endorsed by Weight Watchers), Amy's Light in Sodium Organic Soups (the Chunky Tomato Bisque is amazing!)

Broths

- Fat-free chicken, beef, or vegetable broth (look for ones low in sodium)

Canned low-fat turkey or veggie chili

- Hormel Chili in Turkey or Vegetarian, Health Valley Chilis

More guilt-free soups

- Tabatchnick Soups (freezer aisle)
- Mishima instant soups (Miso and Edamame!)

More canned fun

- Canned pure pumpkin (Libby's!)
- Canned hearts of palm
- Canned sweet corn kernels (for salads, soups, and more)
- Canned beans (look for low-sodium)
- Canned tomato sauce (look for flavored varieties!)
- Canned crushed or diced tomatoes (great for chunky sauce, and look for flavored options!)

Packaged Snacks, Bars, Cookies, Crackers, Chips & Popcorn

Quaker Rice Snacks

- Rice Cakes
- Quakes
- Multigrain Minis
- Mini Delights

Sugar-free or no-sugar-added pudding cups

- Jell-O Sugar Free Pudding Snacks, Sugar Free Handi-Snacks, South Beach Diet Pudding Cups (with fiber!), Hunt's No Sugar Added Snack Packs
- Kozy Shack No Sugar Added Rice Pudding and Tapioca Pudding

100-calorie-or-less snack packs and treats

- Nabisco 100 Calorie Packs (any variety)
- 100 Calorie Right Bites and 100 Calorie Mini Bites
- Hostess 100 Calorie Packs (look for the new Strawberry and Twinkie Bites!)
- Special K Snack Bites
- 100-calorie packs of Blue Diamond Almonds
- Hershey's, Reese's, and York 100 Calorie Bars
- Entenmann's Little Bites 100 Calorie Packs
- Weight Watchers Snack Cakes (look for the new Twinkie-like ones!)
- VitaMuffins and VitaBrownies (freezer aisle!)
- Chex Mix 100 Calorie Snacks
- Pringles Stix

Bite-worthy bars

- South Beach Living Snack Bar Delights
- Fiber One Chewy Bars (new flavors out!)
- Kashi GoLean Bars
- Curves Bars
- Quaker Sweet & Salty Crunch Granola Bars
- Quaker Chewy 90 Calorie Granola Bars
- Quaker Chewy Granola Bars with Protein
- Special K Cereal Bars and Bliss Bars
- Chex Mix Bars
- Kraft LiveActive Chewy Granola Bars

- Promax 70 Calorie Bars

Low-fat chips

- Guiltless Gourmet Tortilla Chips
- Kettle Bakes Potato, Pretzel, and Pita Chips
- Popchips (or Popped Chips)
- Baked! Potato Crisps
- Brothers-All-Natural Potato Crisps

Soy crisps

- Quaker, Genisoy, Glenny's

94% fat-free mini microwave popcorn bags

- Jolly Time Healthy Pop Mini Bags (WW-endorsed ones with a POINTS® value of 1 each!), Orville Redenbacher's Smart Pop! Mini Bags, Pop Secret 94% Fat Free Snack Size

Freeze-dried fruit

- Gerber Mini Fruits, Just Tomatoes, Trader Joe's, Sensible Foods Crunch Dried Snacks, Funky Monkey, Cereal Toppers

Assorted guilt-free snack foods

- 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
- High-fiber crackers (Wheat Thins Fiber Selects, Ryvita, Wasa)

Breads

Light english muffins

- Weight Watchers, Thomas' Light Multi Grain or 100 Calorie Original, Western Bagel Alternative, Fiber One

Low-fat flour tortillas (with around 110 calories each and high in fiber)

- La Tortilla Factory Smart & Delicious Low Carb High Fiber Tortillas (previously labeled Whole Wheat Low-Carb/Low-Fat), Mission Carb Balance (Soft Taco Size),

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Tumaro's 8" Low in Carbs or Healthy Flour Tortillas, Flatout Light Wraps, Mountain Bread Whole Wheat Light Wraps (at Whole Foods and natural food stores)

Light bread (low in calories and high in fiber)

- Wonder Light, Weight Watchers, Nature's Own Light, Nature's Own Double Fiber, Arnold's Bakery Light, Pepperidge Farm (Light Style, Very Thin, Classic Whole Grain), Sara Lee Delightful Bread, Fiber One breads

Light buns

- Wonder Light Hamburger and Hot Dog Buns, Nature's Own Double Fiber Buns, Pepperidge Farm Classic Whole Grain White Hamburger Buns and Hot Dog Buns
- Arnold Select Sandwich Thins

Low-calorie bagels

- Western Bagel Alternative, Weight Watchers, Kim's Light Bagels

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 100 Calorie Sandwiches

Bars and more

- The Skinny Cow Bars
- Weight Watchers Sherbet and Ice Cream Bars
- Fudge bars (like Weight Watchers GIANT, Healthy Choice Premium, and No Sugar Added Fudgsicles)
- Sugar Free Popsicles
- Fruit bars (like Blue Bunny FrozFruit, Fruitfull Juice Bars, and Dreyer's/Edy's No Sugar Added Fruit Bars)
- Blue Bunny Sweet Freedom Bars (look for the ones with "Lites" in the title)
- Starbucks Frappuccino Bars

- Weight Watchers pre-portioned ice cream cups

Sauces, Dressings & Spreads

Low-calorie salad dressings

- Girard's Fat Free, Wish-Bone Bountifuls, Kraft Free, Hidden Valley The Original Ranch Fat Free, Wish-Bone Light, Newman's Own Lighten Up!, Litehouse (check labels for the low-cal ones), Kraft Reduced Fat On the Go Pouches

Spray dressings

- Wish-Bone Salad Spritzers, Ken's Steak House Lite Accents, Newman's Own Natural Salad Mist

Light buttery spread or light whipped butter

- Brummel & Brown, Land O'Lakes Whipped Light Butter, Smart Balance 37% Light Buttery Spread

Sugar-free maple syrup

- Cary's Sugar Free, Mrs. Butterworth's Sugar Free, Log Cabin Sugar Free, Joseph's Sugar Free

Guilt-free extras

- Salsa (fresh is best!)
- Smucker's Sugar Free Preserves
- Frank's RedHot Original Cayenne Pepper Sauce
- Hellmann's/Best Foods Dijonnaise
- Ketchup (Heinz is the best, and Heinz Reduced Sugar is a super-low-cal option!)
- Mustard (get a variety!)
- Vivi's Original Sauce Carnival Mustards
- Reduced-sodium or light soy sauce
- I Can't Believe It's Not Butter! Spray
- KC Masterpiece Classic Blend BBQ Sauce (only 10 calories per serving!)

Frozen Foods & Meals

Veggie burgers

- Boca Meatless Burgers and Veggie Patties, Gardenburger Veggie Burgers, Morningstar Farms Garden Veggie Patties, Dr. Praeger's Veggie Burgers (blot the oil!), Amy's Veggie Burgers

Ground-beef-style soy crumbles

- Boca Meatless Ground Burger (or Crumbles), Morningstar Farms Meal Starters Grillers Recipe Crumbles

Breaded-chicken-style soy patties

- Boca Meatless Chik'n Patties Original, Morningstar Farms Chik Patties Original

Guilt-free wraps, burritos, etc.

- Boca Meatless Breakfast Wraps, Amy's Burritos, Cedarlane Low Fat Garden Vegetable Enchiladas
- Kashi Pocket Bread Sandwiches

Sassy sandwiches

- Lean Cuisine Panini Sandwiches, Healthy Choice Panini Sandwiches
- SoLean Breakfast English Muffin Sandwich
- SoLean Cheeseburgers
- Jimmy Dean D-Lights Breakfast Sandwiches
- Lean Cuisine Flatbread Melts
- Weight Watchers Smart Ones Morning Express

HG pizza finds

- Amy's Spinach Pizza in a Pocket Sandwich
- South Beach Living Pizza
- Amy's Cheese Pizza Toaster Pops
- Lean Cuisine Brick Oven Style Pizzas
- Kashi All Natural Frozen Pizzas

Entrees and more

- Boca Meatless Lasagna
- Boca Meatless Chili
- Morningstar Farms Corn Dogs (meatless)
- Amy's Mexican Tamale Pie
- Kashi All Natural Entrees
- Healthy Choice Café Steamers (new Asian options out!)
- Kellogg's Special K Original Waffles
- Amy's Shepherd's Pie

Beverages

Diet soda

- Coke Zero, Coke Cherry Zero, Sprite Zero, Diet Coke Plus, Diet Rite Pure Zero, Fresca

Coffee and tea

- Millstone Coffee, Dunkin' Donuts Coffee
- Celestial Seasonings Tea, Stash Tea

Sugar-free powdered drink mixes

- Crystal Light, Wylers Light, Lipton Iced Tea To Go

Water and assorted guilt-free sips

- SoBe Adrenaline Rush, Sugar Free SoBe Lean
- Swiss Miss Sensible Sweets Diet Hot Cocoa Mix (make sure to get the 25-calorie Diet one!)
- Dasani Water, Aquafina Water
- Hint Water, Metromint Water
- Minute Maid Fruit Falls

Baking Goods, Spices, & More

Pantry staples

- Whole-wheat flour
- Rolled oats (regular, not instant)
- Mini semi-sweet chocolate chips
- Pillsbury Reduced Sugar Cake Mixes
- Low-fat honey graham crackers
- Better'n Peanut Butter (if your market doesn't have it, go for reduced-fat PB)
- Brown rice (pre-portioned and/or instant)
- Fiber One Premium Muffin Mix
- Fiber One Complete Pancake Mix

No-calorie sweetener packets

- Splenda, Sweet'N Low, Equal, stevia (like Truvia)

Nonstick cooking spray

- Pam No-Stick Cooking Spray, Pam Professional High Heat, Pam Olive Oil Spray

Assorted spices, seasonings, etc.

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

Low-calorie marinades

- Mrs. Dash, Lawry's, Newman's Own

More must-haves

- Splenda No Calorie Sweetener, granulated (comes loose in the box, not in packets)
- Splenda Flavors for Coffee
- Mrs. Dash Seasoning Blends
- Unsweetened cocoa powder
- Torani Sugar Free Syrups
- Sippah Milk Flavoring Straws
- Instant coffee crystals
- Pillsbury Reduced Fat Crescent Rolls
- Pillsbury Crescent Recipe Creations

And Of Course...

- House Foods Tofu Shirataki noodles (find 'em refrigerated, near the other tofu products)

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