

ULTIMATE

Grocery List



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Frozen Foods

- All fruit and vegetables (plain)
- *Bird's Eye Steamfresh* vegetables
- *Van's Power Grains* or *8 Whole Grains* waffles
- *Ezekial 4:9* bread
- *Boca* or *Morning Star* veggie burgers
- *Amy's Light* and *Lean Brown Rice* and veggie bowl
- *Healthy Choice* Simply Café Steamers
- *Lean Cuisine* glazed or pomegranate chicken

Canned Foods Aisle

- No salt added beans (any variety), canned vegetables (any type), canned tomatoes
- Canned tuna/salmon in water
- Unsalted or low sodium chicken/beef/veggie stock
- *Amy's* light in sodium lentil or lentil and vegetable soup
- *Health Valley* No salt added canned soup
- Red wine, white wine, balsamic vinegar
- Light salad dressings
- Ketchup
- Light mayonnaise
- Dijon mustard
- *Stubb's* BBQ sauce
- *Tabasco*

Meat/Seafood Section

- Poultry (skinless chicken breast or boneless, skinless thighs)
- Fresh or frozen seafood (shrimp, salmon, tuna, mahi-mahi, cod, snapper, grouper, catfish)
- Lean beef (sirloin, flank, at least 90% lean ground meat)
- Lean ground turkey or chicken
- Pork (tenderloin, center cut pork chop, top loin roast)
- Chicken sausage (*Al Fresco*, *Aidells*) or turkey sausage

Deli Section

- Reduced sodium ham/turkey/roast beef
- Rotisserie chicken
- Hummus
- Reduced-fat feta cheese
- Parmesan cheese (little goes long way)
- *Baby Bell Light* cheese wheels

Produce Section

- Pre-washed salad greens (spinach, romaine, spring mix)
- Vegetables (any variety)
- Fresh fruit (any variety), herbs (any variety), salsa
- Tofu
- *Bolthouse Farms* salad dressing
- *Wholly Guacamole*

Baking Aisle

- Extra virgin olive oil
- Canola oil
- Sliced almonds
- *Paul Prudhomme* salt-free seasoning Magic
- Dried herb blends (any)
- *True Lemon* (any blend)
- Liquid crab boil

Bread Aisle

- *Dave's Killer* thin sliced bread
- 100% whole wheat bread
- *Thomas* 100% whole wheat English muffins
- Corn tortillas
- Whole wheat tortillas
- Peanut/almond butter
- *Justin's* peanut/almond butter packets
- *Smucker's* low sugar jelly

Pasta/Rice Aisle

- *Barilla* Protein Plus or 100% whole wheat pasta
- *Uncle Ben's* Instant or Ready brown rice
- *Near East* plain whole wheat couscous
- *Sal & Judy's* Heart Smart Italian sauce

Cereal Aisle

- Plain oats (steel cut, rolled, or 1-minute)
- *Cheerios* (regular or multigrain)
- *Wheaties* or *Post* bran flakes
- *Special K* protein
- *Bear Naked* Fruit and Nutty Granola

International Aisle

- Canned chipotle peppers
- Lite coconut milk
- Rice vinegar
- Low sodium soy sauce

Health Food Aisle

- *KIND* Nuts and Spices Bars
- *Oatmega* Bars
- *Power Crunch* Bars
- *Think Thin* Bars
- *RXBAR*

Snack Aisle

- Unsalted/low sodium nuts & seeds (any brand)
- *Triscuit Thin* Crisps
- *Wheat Thins* (Hint of Salt)
- Rice cakes
- *Beanitos* baked chips