

# GRAB & GO! Healthy Grocery List



## FROZEN

- Frozen vegetables (no cheese or sauce)
- Frozen fruit (no added sugar or glaze)
- Frozen breakfast
  - PJ's Organics skinny breakfast burrito
  - Good Food Made Simple southwestern bowl
  - Jimmy Deans turkey sausage bowl or sandwich
  - Special K flatbread breakfast sandwich
  - Whole grain waffles
- Frozen dinners (less than 500 cal/700 mg sodium/10 g saturated fat, more than 3g fiber/7g protein)
  - Evol
  - Luvo
  - Kashi
  - Healthy Choice
  - Lean Cuisine
  - Stouffer's Fit Kitchen
- Veggie burgers
  - Dr. Paeger's California veggie
  - Amy's California veggie
  - Boca All American
- Frozen chicken
- Frozen fish
- Frozen shrimp
- Healthier treats
  - Skinny cow ice cream bars/sandwiches
  - Halo Top ice cream
  - Arctic Zero ice cream
  - Yasso frozen yogurt bars
  - Julies organic frozen yogurt
  - Eddy's Outshine fruit bars
  - Nonfat cool whip

## REFRIGERATED

- Yogurt (low fat, less than 12g sugar)
- Low fat cottage cheese
- Low fat cheese sticks
- Low fat cheese
- Eggs or egg substitute
- Tofu or textured vegetable protein
- Hummus
- Fresh Fish (wild caught salmon, halibut, trout etc.)
- Fresh or ground chicken/turkey
- Reduced sodium, nitrate free lunch meat (turkey, roast beef, chicken)
- Low fat, nitrate free chicken or turkey sausage
  - Al Fresco chicken sausages
  - Brat Hans chicken sausages
  - Thin n' Trim sausages

## BEVERAGES

- Low fat or skim milk
- Low/no sugar almond or soy milk
- 100% fruit juice (not from concentrate)
- Unsweetened tea
- Low sugar hot chocolate
- Low sugar protein shakes
- Sparkling water
- Water
- Coffee

## PANTRY

Whole grain crackers  
Whole grain bread (100% whole wheat)  
Whole grain tortillas  
Whole grain pita or naan  
Whole grain English muffins  
Whole grain pasta  
Whole grain cereal (less than 10g sugar, more than 3g fiber)  
    Cheerios      Barbara's Puffins  
    Grapenuts    Cascadian Farms Cereals  
    Total        Quaker Honey Nut Squares  
    Wheaties    Kashi Go Lean  
Granola Bars (less than 8g sugar. More than 3g fiber)  
    Kind bars    Lara bars  
    Zing bars    Annie's granola bars  
    Kashi Go Lean bars  
Oatmeal (if instant, low sugar)  
Popcorn (low-fat, 100 cal packs or plain)  
Brown rice  
Plain rice cakes  
Extra virgin olive oil  
Avocado oil  
Low fat dressings  
Vinegar (ex. Red wine, apple cider)  
Nuts/Seeds  
Nut butters (peanut, almond, etc)  
Apple sauce (low sugar)  
Dried fruit  
Salsa  
Whey isolate protein powder (or vegan, soy, egg etc)  
Protein Bars (less than 13g sugar and more than 8g protein)  
    Aloha bars    Cliff protein bars  
    Quest bars    Rx bars  
    Exo bars      Thin Thin bars  
    Luna bars

## FRESH

Fresh fruit  
Fresh vegetables  
Bagged salads  
Precut fruits and vegetables  
Pre-spiralized vegetable "noodles"  
Longer lasting produce options  
    Onion            Garlic  
    Sweet potatoes    Potatoes  
    Squash           Carrots  
    Apples           Oranges  
Rotisserie Chicken  
Salsa  
Soups (vegetable or broth based)

## CANNED

Beans/lentils  
Tuna/salmon  
Clams  
Pumpkin  
Canned vegetables (rinse before use)  
Low sodium olives  
Tomatoes (crushed, diced, etc)  
Canned pineapple in 100% juice  
Canned peaches in 100% juice  
Canned mandarin oranges in 100% juice  
Canned soup (low sodium, veggie or broth based)  
Chipotle peppers or green chilies  
Coconut milk  
Coconut water

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