



Grocery List Suggestions

Protein:

Purdue Shortcuts (chicken and turkey)
90 calories for 1 serving
Jenny-O Lean Turkey Burgers
180 calories for 1 burger
Better than Eggs Liquid Egg Whites
For omlettes and for baking
Morningstar Chicken Nuggets and Morningstar Chicken Patties (soy protein) Delicious!
Chicken Burgers
Soy Sausage Patties – breakfast “meat” from soy protein
These are good with sugar-free maple syrup (Hungry Jack/ Log Cabin)
Dr. Praeger California Burger and Tex-Mex Burger (veggie burger)
Turkey bacon – 2 slices = 70 calories – not for everyday consumption
Tempeh
Tofu
Cottage cheese
Nonfat cheese – any type
Swordfish
Salmon
Tuna steaks
Lean pork chops
Chicken breasts – no skin

Condiments:

Heinz One Carb Ketchup
Musselmans No Sugar Applesauce
I can't believe it's not butter spray or Olivo spray
If using olive oil for sauteing use the Misto which is healthier than using PAM – PAM has a lot of artificial chemicals!
Sugar free Maple Syrup – any brand is good!
Splenda/ Truvia/ Sugar in the Raw (sparingly)
Fat Free Chicken broth to use for sauteing or for vegetables to add flavor
Natural Peanut Butter – (sparingly – 2 TBSP is one serving)
Jif Natural/ Skippy Natural – both come as no stir required also
Smuckers Natural – has the oil which requires stirring
Naturally More – a flax seed peanut butter
Almond Butter – a good alternative to peanut butter

Jelly – Any Reduced Sugar or No Sugar Jelly is fine

Trader Joes has a great low sugar jelly 35 calories per serving

Ricemallow Fluff – natural “marshmallow” fluff made from brown rice

Pasta:

Dreamfields Low Carb Pasta

Barilla Plus Omega – 3 Rotini

Ronzoni Healthy Heart

Quinoa Pasta – in the organic section

Rice:

Long-grain Brown rice

Long-grain Wild rice

***Or instead of rice... try Quinoa and Couscous (whole grain)

When cooking these, try using fat free chicken broth instead of water for what I think is a better taste

Breads:

Arnold Low Carb Bread

Peppridge Farm Light Style – any variety

Oatmeal, whole wheat, 7 grain or extra fiber

Peppridge Farm Extra Fiber

For healthier breads – look for any of the 7 or 12 grain breads

Weight Watchers breads

Bagels and English Muffins:

Weight Watchers English Muffins – 90 calories per serving

Weight Watchers Bagels – 150 calories per bagel

Healthy Alternative Bagels – 110 calories per bagel

Thomas' English Muffins Light Style, 100 calorie or Extra Fiber

Waffles:

Kashi Frozen Waffles

Amy's Frozen Waffles

Pancake Mix:

Fiber One Complete

Trader Joes Multigrain Pancake and Waffle mix

Wraps: not all wraps are low in carbohydrates! Read the labels!

Any low carb wraps will work

Healthy Balance Low Carb Wrap

Flat-out wraps

Cereals: Try to keep cereal under 200 calories for a serving and look for whole grains with a good mix of protein and fiber.

Kashi – Good Friends, GoLean, Strawberry Fields, Honey Puffs
Nature's Path – Optimum Power, Multibran with Flax, Optimum Slim
Special K – Protein Plus, any variety – can be mixed for more protein
Fiber One – Try to stay away from the Clusters due to high sugar

*** I mix ½ cup of kashi with ½ cup of the multibran with flax and either 6-7 blackberries or ½ cup strawberries with ½ cup Silk Light Vanilla Soy Milk

Snacks: try to keep snacks around 150 to 200 calories

Air popped popcorn – microwave popcorn in the bags have too many chemicals but you can still put air popped popcorn kernels in the microwave in a brown paperbag with some butter spray and cinnamon if you like for a healthier snack!

Part-skim mozzarella string cheese – Polly-O, Sargento
Turkey Jerky

Apples and/or celery with 1-2 Tbsp of peanut butter

Celery/ carrots with 2 Tbsp Hummus

Cherry tomatoes with 2 Tbsp of Hummus

*** Fantastic Brand has a Hummus mix so you can make your own by adding warm water and 2 Tbsp of olive oil instead of 3 Tbsp's to cut out 120 calories from the recipe

Wheat thins and salsa

Yogurt – any yogurt less than 100 calories per serving is a good snack

Dannon Light and fit

Yoplait 100 calorie thick and creamy

Light Activia yogurt

Nuts – raw nuts preferred

Walnuts 7-8 halves

Almonds – blue diamond makes excellent flavored nuts though if you need something else (cinnamon brown sugar & vanilla bean etc)

Starbucks makes delicious coffee coated almonds also

Try to stay away from honey roasted or roasted and salted if possible

28 almonds or one handful is a serving

***Make your own trail mix: ¼ cup almonds, walnuts (raw), pecans (raw), ¼ cup dried cranberries and ¼ cup yellow raisins yields 3 servings

Desserts:

No Pudge Brownies – the brownie box with the pig on it. These make delicious brownies when made with Dannon Light and Fit nonfat vanilla yogurt. Just mix and bake for 35 minutes or for single serve

mix 1 TBSP of mix and 2 TBSP of yogurt in a small serving dish.

Microwave for 1 minute and eat. These are lowfat but not low-carb necessarily but still fabulous!

Angel food cake with strawberries and fat free cool whip

Caution with fat free cool whip – 2 TBSP is a serving

Sugar free pudding

Sugar free jello

Soy Delicious or Tofetti ice cream bars – in the freezer section and 90 calories per serving

Skinny cow ice cream bars or ice cream single serve item for portion control and 150 calories per bar

Fat free, sugar-free icecream – any brand but ½ cup is a serving!

Sugar free tastycakes – 140 calories per package

Glenny's 100 calorie brownies – single serve packaging in the organic section of the grocery store

Glenny's brown rice marshmallow bars – box of 6 in the organic sect.

Kashi cookies

100 calorie snack packs – any variety

Back to Nature Graham Cracker Sticks – 12 sticks for 140 calories

Healthy Valley Organic Granola Bars – the double chocolate is 110 calories

Frozen Fruit Bars

Bars: a good rule of thumb is under 150 calories can be considered a snack; however, over 240 calories can be considered to be a meal replacement bar

Kashi crunchy bars – 150 calories

Kashi granola bars – 110 to 150 calories

Luna organic bars – 120 to 180 calories

Powerbar Powerpria Bars – 110 calories

South Beach Diet bars – between 150 and 240 calories

Zone Perfect Bars – 240 calories

Drinks:

WATER, WATER, WATER

Brita or PUR filtered water

Any non-flavored, no calorie bottled water

Flavored seltzer water – no calorie

Vitamin Water 10 calorie (the regular has 50 calories and the bottles are 2.5 servings which equals 125 empty calories!

SOBE lifewater 0 calorie – very good if you can find it

Skinny Water – good if you can find it also

Crystal Light – any variety but watch consumption due to it being sweetened with nutrisweet and can have headaches as side-effects

Make you own fruit-infused water!

Just put a pitcher of water in the refrigerator with cut up slices of limes, oranges, lemons and let it sit – delicious!

Juice

If you have to drink juice, please find ones with low sugar content – stay under 50 calories per serving

Ocean Spray cranenergy – 50 calories per serving and sweetened with splenda

Ocean Spray Cranberry Light Juice – sweetened with splenda
40 calories per serving

Milk

Fat Free Lactaid – the purple container (it's sweeter and will last longer) 80 calories per cup

Fat Free Milk – 80 calories per cup

Silk Light Soymilk – plain or vanilla – 80 calories per cup

8th Continent Light Soymilk – 60 calories per cup

Almond Breeze Unsweetened Almond Milk – 40 calories per cup

Fat Free half and half for coffee

International Coffee Sugar-Free Vanilla creamer