

Get Fit Shopping List



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Elmwood Fitness Center's registered dietitians have put together a list of the go-to items that they recommend for clients striving to lose body fat while maximizing strength and energy. Nearly all of these items are either rich in lean protein, high in belly-filling fiber and/or good sources of heart-healthy fats.

PRODUCE SECTION

All fresh fruits
All fresh non-starchy vegetables

SEAFOOD – FRESH/FROZEN

All fresh fish and shellfish
Smoked Salmon
Louisiana Crawfish
Inland Market Chardonnay Salmon, Bronzed Tilapia
Emeril's Certified Wild-Caught Shrimp
Treasures from the Sea – Ahi Tuna, Tilapia, Cod Filets, Pollock Filets
Full Circle – Wild Swordfish, Wild Alaskan Halibut, Wild Ahi Tuna, Wild Salmon

MEAT AND POULTRY

Kabobs – beef, chicken, pork
Rouses Stir-fry – pork and veggie, beef and veggie
Rouses 93/7 Lean Ground Beef and Hamburger Patties
Beef Tenderloin
Beef Flank Steak
Beef Bottom Round Roast
Boneless Skinless Chicken Breast
Pork Tenderloin
Swift or Hormel Pre-Seasoned Pork Tenderloin
Center Cut Pork Chops
Honeysuckle White Boneless Skinless Turkey Breast
Honeysuckle White Extra Lean Ground Breast of Turkey
Honeysuckle White Turkey Breast Tenderloin
Honeysuckle White 93/7 Fresh Ground Turkey
Hormel Sliced Roasted Turkey Breast & Gravy
Tyson Fajita Chicken Breast Strips
Hormel Turkey Pepperoni
Jennie-O Lean Turkey Burger Patties
Oscar Mayer Center Cut Bacon
Tyson Mesquite Chicken Breasts (fully-cooked)
Nitrite-free meats: Hormel Natural Choice Pre-Sliced Deli Meats –
Uncured Bacon – Canadian Bacon

DELI/PREPARED FOODS

Sashimi
Sushi rolls made with cucumber instead of rice
Seaweed salad
Squid salad
Rotisserie Chicken (remove skin)
Boar's Head Deli Meats – all varieties of turkey, ham, chicken, roast beef

CEREALS: HOT & COLD

Kellogg's Special K Protein Plus Cereal
Kashi GoLean Cereal
Original Fiber One bran cereal
Quaker Crunchy Corn bran
Barbara's Puffin's Original Cereal
Uncle Sam's Toasted Whole Wheat & Flaxseed Original Cereal
Kashi GoLean Hot Cereal packets
McCann's Steel Cut Oatmeal
Hodgson's Mill: Oat Bran Hot Cereal, Cracked Wheat, Multi-Grain
Quaker Old Fashioned Oats
Quaker Instant Oatmeal packet – plain
Quaker Instant Oatmeal Weight Control packet
Bob's Flaxseed Meal

SOUPS

Progresso Hearty Black Bean soup
Progresso Green Split Pea soup
Progresso Lite Soups
Amy's Organic soups – lentil, vegetable, split pea

CANNED GOODS

StarKist Chunk Lite Tuna in Water
Chicken of the Sea Pink Salmon
StarKist Yellowfin Tuna Fillets
Hormel Breast of Chicken in Water
BlueRunner Creole Cream-style Red Beans
BlueRunner Creole Cream-style Navy Beans
BlueRunner New Orleans Spicy Cream-style Red Beans
Trappey's Kidney Beans, Butter Beans, Pinto Beans, Blackeye Beans, Fieldpeas, Black Beans
V. Allen's Turnip Greens
V. Allen's Popeye Spinach
DelMonte Fresh Cut Sliced Beets
LeSueur Tender Baby Whole Carrots
Libby's 100% Pure Pumpkin



* Product contains more than 600 mg of sodium per serving.



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FREEZER SECTION

All frozen non-starchy vegetables – plain, seasoned, and/or with low-fat butter sauce.
All frozen berries – no sugar added
Morning Star Grillers Original Burger
Morning Star Garden Veggie Burger
Morning Star Sausage – Links & Patties
Boca All American Flame Grilled Meatless Burger
Healthy Choice Café Steamers, Roasted Beef Merlot
Lean Cuisine, Roasted Garlic Chicken
Smart Ones, Chicken Marsala
Smart Ones, Homestyle Beef Pot Roast
Smart Ones, Chicken Santa Fe
Smart Ones (breakfast), Ham & Cheese Scramble
Smart Ones (breakfast), Cheesy Scramble with Hashbrowns
Smart Ones (breakfast), Canadian-Style Bacon English Muffin Sandwich
Cedarlane Egg White Omelets
Edamame

BREAD

Nature's Own 100% Whole Wheat Bread
Pepperidge Farm Natural Whole Grain 15 Bread
Pepperidge Farm Whole Grain English Muffin (100% whole wheat)
Thomas' 100% Whole Wheat Bagel Thins
Nature's Own 100% Whole Wheat Thin-Sliced Bagels
La Tortilla Tortillas – Smart & Delicious; 50- or 80-calorie
Flat Out Light Wraps – all varieties/flavors
Kontos Whole Wheat Pocket Pita

PEANUT BUTTER/JELLY

Smucker's Natural Peanut Butter – Chunky or Creamy
Smart Balance Peanut Butter – Chunky or Creamy
Simply Jif Creamy
Smucker's No-Sugar Preserves
Smucker's Simply Fruit
Polaner All Fruit

DAIRY/DAIRY SUBSTITUTES

Plain Greek Yogurt: 0% or 2% (Chobani, Fage, Dannon, Yoplait, Oikos)
Breakstone's Cottage Cheese – Low Fat or Fat Free
Light-n-Lively Cottage Cheese – Low Fat or Fat Free
Nestle Coffee-Mate (liquid): SF French Vanilla, SF Hazelnut, SF Vanilla Caramel
1% Low Fat Milk
Fat Free Skim Milk
Silk Soy Milk Natural
Silk Vanilla Light Soy Milk
Almond Breeze Unsweetened Chocolate, Unsweetened Plain (shelf-stable; not refrigerated)
Sargento Light Ricotta Cheese
Smart Balance Light Buttery Spread

Smart Balance Spray Butter
Brummel & Brown Natural Yogurt Spread
Egg-Lands Best Eggs
Egg Beaters – Original
Kraft Deli Deluxe, 2% Milk Cheese
Sargento Reduced Fat Cheese Slices or Shredded
Cracker Barrel 2% Milk Cracker Cut Cheese
Borden Reduced Fat Shredded Cheddar and Monterey Jack Cheese
Laughing Cow Cheese Light Wedges – any variety
Kraft String-Ums, Mozzarella String Cheese
Kraft Philadelphia Fat Free Cream Cheese
Athena Reduced Fat Feta Cheese

SNACKS

Glenny's Soy Crisps (1.3 ounce bag)
Genisoy Soy Crisps
Think Thin protein bar
EAS AdvantEDGE Carb Control Nutrition Bar
EAS AdvantEDGE Carb Control Ready-to-drink shake
Naturade 100% Soy Protein Powder
Naturade 100% Whey Protein Powder
MLO Vegetable Protein Powder
Kashi TLC bar – only crunchy or chewy varieties
Snackwell's Cereal bars
Orville Redenbacher's Smart Pop! Popcorn – single-serving bags
Oberto Beef Jerky, Original
Salsa- any variety
Garden of Eatin's BAKED blue or yellow chips
Baked Tostitos
Beanitos Chips
Mary's Gone Crackers
Ryvita Rye & Oat Bran All Natural Crisp Bread
Ryvita Sesame Rye All Natural Crisp Bread
Wasa Whole Wheat Crisp Bread
Kellogg's All Bran Crackers: Garlic Herb, Multi-Grain
Newman's Own Spelt Crackers
Nabisco Triscuit Crackers
Nabisco Triscuit Thin Crisps
100-calorie pack of nuts (any variety)
Fruit crisps (i.e. Brother's-All-Natural, Bare Fruit, Yogachips)

FREEZER SECTION – ICE CREAM & FROZEN NOVELTIES

Low-fat ice cream sandwiches:

The Skinny Cow ice cream sandwiches
Weight Watchers ice cream sandwiches
Klondike Slim-a-Bear 100 Calorie Sandwiches



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Bars and more:

The Skinny Cow Bars
Weight Watchers Sherbet and Ice Cream Bars
No Sugar Added Fudgsicles
Sugar Free Popsicles
Weight Watchers pre-portioned ice cream cups

CONDIMENTS/SAUCES/SPREADS

Mrs. Dash Salt-free Marinade – any flavor
Fischer Wieser's Sauces – any flavor
Tabasco Sauce
Rouses Merlot Wine or Vidalia Onion steak sauce
Rouses Vidalia Onion barbecue sauce
Hellmann's Dijonnaise
Hellmann's Light Mayonnaise
Kraft Sandwich Shop Spreads
Laughing Cow Light – any flavor

SALAD DRESSINGS

Rouses Vidalia Onion Honey Mustard dressing
Rouses Vidalia Onion & Creamy Cucumber dressing
Rouses Vidalia Onion Ranch dressing
Rouses Vidalia Onion & Summer Tomato dressing
Rouses Roasted Garlic dressing
Newman's Own Salad Lighten Up Salad Dressing – any variety
Wish-Bone Salad Spritzers
Annie's Naturals Lite Gingerly Vinaigrette

SWEETENERS

Sugar Free pancake syrup (any brand)
Truvia
Sweet Leaf Sweetener
Splenda
Swerve

BEVERAGES

Water
VitaminWater ZERO
Crystal Light & Crystal Light PURE – all flavors
Honest Tea: Just Green Tea, Unsweetened
Arizona Diet Green Tea
Fuze Slenderize
Perrier, Flavored Perrier
Steaz – zero-sugar, all-natural, sparkling tea
Zevia – stevia-sweetened soft drink
Metromint zero-sugar, all-natural flavored
V8 100% Vegetable Juice
Nestle Hot Chocolate Fat-Free with Calcium
Nestle Hot Chocolate Mix, No Sugar Added
Sprite Zero

ALCOHOL

Beck's Premier Light – 64 calories beer
Miller Genuine Draft – 64 calories
Bud Select – 55 calories
Red or white wine – all varieties

Keep in mind that moderate alcohol consumption is no more than one drink a day for women and two drinks a day for men.



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