

# ATHLETE'S GROCERY SHOPPING LIST

Never go shopping without it!



Tavis Piattoly, MS, RD, LDN



## Athlete's Grocery List

The following Grocery List will consist of foods from each food group along with the brand we recommend as being the best option available.

### **Breads**

Nature's Own 100% Whole Wheat Bread  
Nature's Own 100% Whole Wheat Bagel  
Nature's Own 100% Whole Wheat Bagel Thins  
Nature's Own English Muffin  
Orowheat Sandwich Thins 100% Whole Wheat  
Orowheat Whole Grain 100% Whole Wheat Hamburger Buns  
Orowheat 100% Whole Wheat Bread  
Orowheat 100% Whole Wheat English Muffins  
Sara Lee 100% Multigrain Bread  
Sara Lee Classic 100% Whole Wheat Bread  
Nature's Pride 100% Whole Wheat  
Natural Grain 100% Whole Wheat Bread  
Pepperidge Farm Whole Grain English Muffin  
Pepperidge Farm Whole Grain Oatmeal Bread  
Pepperidge Farm Whole Grain 100% Whole Wheat Bagel  
Wonder Whole Grain White Bread  
Wonder White Wheat Bread

### **Tortillas/Wraps**

Mission Carb Balance Whole Grain Tortillas  
Mission Multi-Grain Flour Tortillas  
Mission 96% Fat-Free Whole Wheat Tortillas  
LaTortilla Whole Grain Tortillas  
Flat Out Light Wraps: All flavors and varieties

### **Cold Cereals**

Kashi Go Lean Crunch Cereal  
Kashi Heart to Heart  
Kashi Cinnamon Harvest  
Kashi Honey Sunshine  
Kashi Honey Almond Flax  
Kelloggs Special K Protein Plus  
Post Shredded Wheat  
General Mills Wheat Chex  
Total Whole Grain  
All Bran Cereal Original  
Fiber One Original  
General Mills Cheerios  
General Mills Multigrain Cheerios  
General Mills Wheaties

### **Hot Cereals**

Quaker Old Fashioned Oats  
Quaker Weight Control Oatmeal  
Quaker Low Sugar Oatmeal  
Quaker Instant Oatmeal  
Steel Cut Oats – any brand  
Kashi Go Lean Hot Cereal



### **Rice, Beans, Pasta, Grains**

Brown Rice: All brands  
Basmati Rice: All brands  
Hodgson Mills Whole Whole Wheat Pasta (All types)  
Ronzoni Healthy Harvest Whole Grain (All types)  
Barilla Plus Pasta (Penne, Noodles, Spaghetti)  
Heartland's 100% Whole Wheat Spaghetti  
Dried Bean (kidney, navy, pinto, lima, black-eyed, etc.)

### **Baking Items**

Quaker Oatmeal Pancake Mix  
Aunt Jemimah Whole Wheat Pancake Mix  
Hodgson Mill Insta-Bake Whole Wheat Mix  
Hodgson Mill Milled Flax Seed and Wheatgerm  
Buckwheat Pancake Mix  
Truvia Sweet Leaf Sweetner  
Splenda  
Log Cabin or Northwoods Sugar Free Syrup  
PET or Nestle Carnation Evaporated Skim Milk

### **Produce**

All Fresh Fruits and Vegetables in the produce section are acceptable options to be included in your meal plan

### **Lean Beef**

Extra Lean Ground Beef (96% Lean/4% Fat)  
Lean Ground Beef (93% Lean/7% Fat)  
Beef Tenderloin  
Eye of Round Steak  
Eye of Round Roast  
Beef Flank Steak  
Top Sirloin Steak  
Top Loin Steak  
Tenderloin Roast  
T-Bone Steak  
Beef Bottom Round Roast

### **Seafood**

All Fish and Shellfish (not stuffed or fried)  
Fresh Salmon  
Catfish  
Sea Scallops  
Fresh Tuna  
Yellow Fin Tuna  
Perch Fillets  
White Fish  
Tilapia  
Crab Meat  
Louisiana Oysters  
Lobster or Lobster Tails  
Smoked Salmon

### **Poultry and Eggs**

Egg-Lands Best Eggs  
Just Whites – Egg Whites  
Egg Beaters – Original  
Boneless Skinless Chicken Breast  
Tyson Mesquite Chicken Breast (fully-cooked)  
Sanderson Farms 100% Natural Chicken Breast  
Honeysuckle White Extra Lean Ground Turkey (99% lean)  
Honeysuckle White 93/7 Ground Turkey

### **Pork**

Pork Tenderloin  
Swift Premium Seasoned Pork Tenderloin  
Center Cut Pork Chops  
Oscar Meyer Center Cut Bacon  
Oscar Meyer 50% less fat turkey bacon

## **Deli Meat**

Honeysuckle White Boneless Skinless Turkey Breast  
Honeysuckle Lean Turkey Italian Sausage  
Honeysuckle White Turkey Breast Tenderloin  
Oscar Meyer Turkey Sausage (66% less fat)  
Hormel Turkey Pepperoni  
Jennie-O-Franks

## **Deli Meats/Prepared Foods**

Oscar Meyer (Ham, Roast Beef, Turkey, Chicken Breast)  
Sara Lee (Ham, Roast Beef, Turkey, and Chicken Breast)  
Butterball: (Ham, Roast Beef, Turkey, and Chicken Breast)  
Tyson Fajita chicken breast strips  
Tyson Seasoned Steak Strips  
Oscar Meyer Turkey Smoked Sausage  
Hillshire Farm Lite Smoked Sausage

## **Nutrition Bars**

Kashi Go Lean Crunchy Bar  
Kashi TLC bar – Crunchy or Chewy  
South Beach Living High Protein Cereal Bar  
EAS Advantage Edge Carb Control Nutrition Bar  
Powerbar Protein Plus  
Think Thin Protein Bar  
Zone Bars  
Balance Bars  
Clif Bar

## **Nutrition Shakes (Ready to Drink)**

EAS Myoplex Carb Sense  
EAS Myoplex Original  
EAS Myoplex Light  
Muscle Milk Light  
Muscle Milk

## **Boar's Head Deli Meat:**

Ovengold Roast Breast of Turkey  
All Low Sodium Turkey Breast Options  
Mesquite Wood Smoked Turkey Breast  
Tuscan Brand Turkey Breast  
Cracked Pepper Mill Turkey Breast  
Hickory Smoked Black Forest Turkey Breast  
Chicken Breast Deli Meat (all options)  
Ham Deluxe Low Sodium

## **Chips /Crackers/Popcorn**

Sun Chips (All varieties)  
Multigrain Tostitos  
Nabisco Triscuits and Thin Crisp  
Kellogs All Bran Crackers  
Akmak Seasme Crackers  
Wasa Whole Grain Crakers  
Genisoy Soy Crisps  
Special K Multigrain Crackers  
Wheat Thins Multigrain  
Quaker True Delights Multigrain Crisps  
Orville's Redenbacher's Smart Pop!  
Orville's Redenbacher Natural Popcorn  
Orville's Redenbacher 100 Calorie Pop  
Stacy's Multigrain Pita Chips  
Kangaroo Multigrain Pita Chips  
Athenos Baked Pita Chips

## **Fruits and Nuts**

Blue Diamond Nuts  
Planters Nuts: All  
World Table Nuts: All  
Fresh Fruit: All Options  
Sun Maid Dried Prunes  
Sun Maid Dried Raisins  
Sun Maid Dried Apricots  
Sun Maid Dried Mission Figs

## **Butters and Spreads**

Kraft Mayo with Olive Oil  
Kraft Lite Mayo  
Hellman's Lite Mayonnaise  
Hellman's Mayonnaise  
Hummus (all brands)  
Smart Balance Light Butter Spread  
Smart Balance Spray Butter  
Smart Balance Organic Butter Spread  
Smart Balance Whipped Butter Spread  
Smart Balance Omega Butter Spread  
Smart Balance Heart Right Light Spread  
Brummel & Brown Natural Yogurt Spread  
Promise Light Spread  
Promise Fat Free Spread  
I Can't Believe It's Not Butter Lite  
Daisy Light Sour Cream

## **Beef Jerky**

Jack's Lean Beef 97% Fat Free (All)  
Oberto Beef Jerky (Original)

## **Peanut Butter and Jelly**

Smart Balance Creamy Peanut Butter  
Smart Balance Chunky Peanut Butter  
Smucker's Natural Creamy  
Smucker's Natural Chunky  
Almond Butter – any brand, plain  
School Safe Soy Butter  
Simply JIF Creamy  
Smucker's No Sugar Preserves  
Smucker's Simply Fruit Jelly  
Polaner All Fruit Jelly

## **Condiments/Sauces**

Newman's Own Marinara Sauce: All  
Prego Heart Smart  
Classico Pasta Sauce: All Flavors  
Tabasco Sauce  
Mrs. Dash Salt Free Marinade  
Mustard (any brand)  
Heinz Reduced Sugar Ketchup  
Creole Mustard (any brand)



### **Canned Goods**

Blue Runner Creole Cream Style Red Beans  
Blue Runner Creole Cream Style Navy Beans  
Blue Runner New Orleans Spicy Cream style Red Beans  
Canned Sweet Peas (No Salt Added) – Any Brand  
Corn (No Salt Added) – Any Brand  
Green Beans (No Salt Added) – Any Brand  
The Allen’s Popeye Spinach  
Delmonte Fresh Cut Whole Leaf Spinach  
Delmonte Fresh Cut Sliced Beets  
Fresh Cut Sliced Carrots - Any Brand  
StarKist Chunk Lite Tuna in Water  
StarKist Yellowfin Tuna Fillets (Pouches)  
Chicken of the Sea Pink Salmon  
Libby’s 100% Pure Pumpkin  
Old El Paso Traditional ReFried Beans  
Hormel Breast of Chicken in Water  
Tomato Paste (No Salt Added)  
Bush’s Best Black Beans  
Campbell’s 98% Fat Free Cream of Mushroom  
Campbell’s 98% Fat Free Cream of Celery  
Campbell’s Healthy Request: Tomato, Vegetable  
Progresso Green Split Pea Soup  
Progresso Lite Soups  
Progresso Hearty Black Bean Soup

### **Ice Cream, Frozen Yogurt, Ice Cream Bars**

Great Value No Sugar Added Ice Cream Bars  
Blue Bunny 100 calorie ice cream bars: All Flavors  
Blue Bunny Fat-Free, No Sugar Added Ice Cream  
Edy’s No Sugar Added Fruit Bars  
Edy’s Slow Churned, No Sugar Added Ice Cream  
Weight Watchers pre-portioned ice cream cups  
Weight Watchers ice cream sandwiches  
Weight Watchers Sherbet and Ice Cream Bars  
The Skinny Cow Ice Cream Sandwiches  
The Skinny Cow Bars  
Kemp’s Fat Free Frozen Yogurt

### **Frozen Foods**

Boca All American Meatless Burger  
Boca All American Meatloaf Burger  
Kashi Frozen Meals (All Options)  
Morningstar Grillers Original Burger  
Morningstar Garden Veggie Burger  
Morningstar Sausage Links  
Morningstar Sausage Patties  
Morningstar Farms Meal Starters  
Morningstar Farms Italian Sausage  
Morningstar Farms Bacon Strips  
Healthy Choice Cafe Steamers  
Lean Pockets (any option)  
Healthy Choice Cafe Steamers  
Smart Ones, Chicken Sante Fe  
Smart Ones, Ham & Cheese Scramble  
Smart Ones, Canadian Bacon Muffin  
Smart Ones, Cheesy Scramble  
Kashi Go Lean Waffles

### **Frozen Vegetables/Fruits**

Green Giant: All options without sauce  
Birds Eye: All Options without sauce  
Store Brand: All Options without sauce  
Edamame  
Frozen Berries (any option)

### **Yogurt**

Fage Greek Yogurt: 0%, 2%  
Chobani Greek Yogurt: 0%, 2%  
Dannon Light N Fit  
StonyField Farm Organic Fat Free Plain  
Yoplait Fat Free Plain Yogurt  
Best Yet Non-Fat Plain Yogurt  
Activa Plain Yogurt  
Dannon Low-Fat or Non-Fat Plain  
Best Yet Half & Half  
Land-O-Lake Low Fat Half and Half  
Nestle Coffee-Mate: Sugar Free Flavors



### Cream

Blue Bell No Sugar Added Ice Cream  
Haagen-Daz Sorbet  
Ben & Jerry's Low Fat Frozen Yogurt  
Sugar Free Popsicles  
No Sugar Added Fudgsicles  
Klondike Slim-a-Bear 100 Calorie Sandwiches  
Breyers Double Churn Free Ice Cream

### Milk

Skim Milk or 1% Milk (any brand)  
Blue Diamond Unsweetened Vanilla Almond Milk  
Blue Diamond Unsweetened Almond Milk  
Silk Pure Almond (Unsweetened)  
Silk Soy Milk Natural  
8<sup>th</sup> Continent Light Soy Milk – Original  
8<sup>th</sup> Continent Light Soy Milk – Chocolate  
8<sup>th</sup> Continent Light Soy Milk – Vanilla  
Westsoy Plain Soy Milk  
Horizon Organic Milk (Skim or 1%)  
Horizon Fat Free Milk plus DHA  
Horizon Low Fat Chocolate Milk plus DHA  
Hood Calorie Countdown Low Carb Chocolate Milk  
Borden Organic Fat Free Milk  
Borden Organic 1% Low Fat Milk  
Lactaid: Skim or 1%

### Salad Dressings

All Balsamic Vinegars  
**Kraft Light:** Light Balsamic Vinaigrette, Light House Italian, Light Ranch, and Light Blue Cheese  
**Newman's Own Salad Dressings:** Lighten Up Honey Mustard, Lighten Up Italian, Lighten Up Caesar, Lighten Up Red Wine Vinegar and Olive Oil, Lighten Up Sundried Tomato, Lighten Up Low-Fat Sesame Ginger  
**Wishbone:** Wishbone Salad Spritzers, Fat Free Blue Cheese, Just 2 Good Blue Cheese, Italian, and Ranch  
**South Beach Living:** Balsamic dressing, Lite Caesar dressing, Lite Raspberry Cabernet Vinaigrette, Lite Ranch  
**Ken's Steakhouse:** Lite Raspberry Walnut Vinaigrette, Lite Sweet Vidalia Onion, Lite Caesar, Lite Northern Italian  
**Ken's Healthy Option:** Sweet Vidalia Onion Vinaigrette, Olive Oil and Vinegar

### Healthy Fats/Cooking Oils

Extra Virgin Olive Oil  
Canola Oil (all brands)

### Cheese

Kraft Deli Deluxe, 2% Milk Cheese  
Kraft Singles, Fat Free Cheese  
Kraft Singles, 2%: All Flavors  
Lactaid Cottage Cheese, 1% Milk Fat  
Light N Lively Low Fat Cottage Cheese  
Light N Lively Fat Free Cottage Cheese  
Sargento Light Ricotta Cheese  
Sargento Reduced Fat Pepperjack  
Sargento Reduced Fat Sharp Cheddar  
Borden Reduced Fat Sliced Cheese  
Borden 2% Cheese Singles: All Flavors  
Laughing Cow Wedges: Original Swiss  
Laughing Cow Light Wedges: All flavors  
Babybell Light Cheese  
Kraft Light String Cheese  
Sargento Light String Cheese  
Philadelphia Fat Free Cream Cheese  
Athena Reduce Fat Feta Cheese

## **Beverages/Fluids**

### **Fruit and Vegetable Juices**

Tropicana Trop 50 (50% less sugar and calories) – all flavors  
Tropicana 100% Pure Orange Juice  
Minute Maid 100% Pure Orange Juice  
Ocean Spray Cranberry 100% Juice – No Sugar Added  
Hawaiian Punch Lite  
Juicy Juice 100% Juice  
V8 100% Vegetable Juice – Low Sodium  
Diet V8 Splash Fruit Juice – 10 calories per cup

### **Sports Drinks**

Gatorade – only for athlete’s trying to maintain or gain weight (only to be used before, during, or after training)  
Powerade - only for athlete’s trying to maintain or gain weight (only to be used before, during, or after training)  
G2 or Propel  
Powerade Option  
Vitamin Water Zero

### **Low Calorie Drinks**

Crystal Light – all flavors  
Sprite Zero  
Fresca  
Arizona Diet Green Tea  
Honest Tea: Just Green Tea, Unsweet  
Fuze Slenderize  
Zico Coconut Water  
Metromint Zero Sugar, flavored water  
Zevia – stevia sweetened soft drink  
Calorie Free Flavored Water: All brands  
Steaz – zero-sugar, all natural tea