



**What Can Be Gained Coaching**

**HEALTHY GROCERY SHOPPING LIST**

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### Healthy Grocery Shopping List

For more ideas on how I use all of these items, check out my post on  
#MinimalistMealPrep [here](#).

(\*) = Available in grocery store, but cheaper online (via manufacture's site)

(A) = Available in grocery store, but cheaper online (Amazon)

(P) = Found at Publix only

(W) = Found at Walmart only

(PBOGO) = Frequently in BOGO rotation at Publix

(WDBOGO) = Frequently in BOGO rotation at Winn Dixie

#### **Beverages:**

- Bottled water
- Yogi tea; vanilla spice perfect energy, sweet tangerine positive energy, blueberry slim life, caramel apple slim life
- C4 canned/carbonated pre-workout drinks; Frozen Bombsicle and Strawberry Watermelon
- Zevia; grape
- Crystal Light Energy packets; wild strawberry and citrus flavored
- True Lemon brand flavored drink packets; Black Cherry Limeaid, Raspberry Lemonaid, and Limeaid

#### **Pantry:**

- True Lemon and True Lime crystallized packets
- Liquid Aminos
- Coconut aminos
- Chia seeds
- Smart Sweets; Swedish Fish, Sour Kids, Peach Rings; the rest are blah; (\*)
- PB2/Powdered peanut butter (A)
- Le Pain des Fleurs quinoa crackers
- Lundberg brown rice cakes
- Quaker flavored rice cakes; white cheddar and tomato & basil
- Black Jewel whole kernel popcorn (the kind for popping in an air popper)
- Boom Chicka Pop lightly sweet kettle corn popcorn (the kind in bags that you pop in the microwave)
- Jolly Time 100 calorie healthy kettle corn popcorn
- Mary's Gone Crackers; superseed flavored crackers
- Brad's Plant Based veggie chips; the cracker kind, not the kale chip kind; Cheddar, Kale, and Broccoli Cheddar (A,\*)

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- Mount Olive sugar free sweet baby gherkins and sugar free bread and butter pickle spears
- Sugar-free Jell-O mix; Black Cherry  
Sugar-free Jell-O pudding; butterscotch, pistachio, white chocolate, chocolate fudge, cheesecake
- Sweet Leaf flavored Stevia drops (A)
- Baking Flavors and Extracts (A)
- Vermont Village flavored apple cider vinegar; cranberry and blueberry
- Apple cider vinegar with "the mother"
- Olive oil
- Olive oil cooking spray
- Coconut oil cooking spray
- Dale's Steak Seasoning
- Salt
- Pepper
- Cavender's Greek Seasoning (not sodium free!!)
- Quick cook oats
- Rolled old fashioned oats
- Cream of rice
- Rx Bars
- Old Thompson Saigon cinnamon (A)
- Bada Bean snacks (A, \*)
- Key lime juice
- Frank's buffalo wing sauce
- Garlic Expressions dressing
- Sam's Choice mustard; garlic aioli, sweet brown, Cuban style (W)
- Tessemae's (shelf stable) salad dressing; Zesty Ranch, Italian, Lemon Pepper (W)
- Primal Kitchen Greek vinaigrette and marinade
- Lakanto Maple flavored syrup (monkfruit sweetened)
- Heinz no sugar added ketchup
- Bella Sun Luci Sun-dried tomatoes (the dehydrated kind, not the jar kind); Italian basil flavor
- Mild Chilis, canned
- Diced tomatoes, canned
- Pumpkin, canned
- Great Northern beans, canned
- Black beans, canned
- Garbanzo beans, canned
- Reduced sugar Craisins
- Sunsweet pitted prunes
- McCormick Spice grill mates roasted garlic and herb seasoning
- McCormick salad supreme seasoning
- Almond meal
- Coconut flour
- Hershey's special dark cocoa powder

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- Lily's stevia sweetened dark chocolate baking chips
- Lily's stevia sweetened dark chocolate coconut bars
- Lily's stevia sweetened salted almond 40% milk chocolate
- Lily's stevia sweetened 40% creamy milk chocolate
- RX Bars; Blueberry, Chocolate Sea Salt, Maple Sea Salt, Coconut Chocolate, PBJ, Pumpkin Spice, Gingerbread, Mint Chocolate, Coffee Chocolate, Chocolate Cinnamon Spice.
- Quest bars; Cookies and Cream, Chocolate Chip Cookie Dough, White Chocolate Raspberry, S'mores, Oatmeal Chocolate Chip, Mint Chocolate Chunk, Rocky Road
- Back to Nature cashew, almond, pistachio mix
- Emeralds raspberry glazed almonds
- Splenda granular for baking
- Splenda packets
- Splenda Naturals packets
- Truvia spoonable
- Truvia packets
- Starbucks Pike Place roast
- Café Bustelo espresso roast
- Joseph's Lavish Wraps
- Joseph's pitas/mini pitas
- Smucker's Sugar free preserves; Strawberry
- Suzie's Thin Cakes; brown rice, corn quinoa and sesame

#### **Refrigerated Items:**

- Greek yogurt cream cheese
- Fat free or low-fat Greek yogurt
- Egg whites (carton kind)
- Whole eggs
- Low fat unsweetened Almond milk
- Low fat unsweetened Coconut milk
- Low fat unsweetened Almond Coconut milk blend
- Cracker Barrel 2% extra sharp cheddar cheese (blocks and cheese sticks)
- Reduced fat blue cheese crumbles (PBOGO)
- Reduced fat feta cheese crumbles (PBOGO)
- Goat cheese
- Honey goat cheese (P)
- 4C brand Grated Parmesan Romano cheese; the kind in a glass jar
- Friendship no sodium fat-free cottage cheese
- Good Foods chunky style guacamole (P, PBOGO)
- Panera Bread salad dressings; Balsamic, Fuji Apple Vinaigrette, Poppyseed
- Marzetto Simply 60 Balsamic Vinaigrette
- Low-fat hummus, Hope Foods or Lantana
- Low fat Bruschetta
- Salsa

**Meats:**

- Smoked salmon; regular or cracked pepper (the thin sliced kind found by the bulk fresh seafood section)
- Peeled and deveined fresh or frozen shrimp
- Lean ground beef
- Lean ground chicken
- Lean ground turkey
- Lean ground bison
- Lean pork loin
- Applegate turkey bacon; by the regular bacon
- Center cut bacon
- Chicken legs and thighs
- Turkey legs and thighs
- Whole chicken
- Whole turkey
- Turkey cutlets/breast meat
- Chicken cutlets/breast meat
- Fillet mignon
- Low-fat chicken sausage
- Boars Head deli meat; I prefer low or no sodium added as the texture is more like the real thing
- Canned tuna (I prefer Wild planet or Wild Foods) or chicken of the sea or wild selections
- Canned salmon
- Canned sardines
- Smoked salmon pouches
- Flavored salmon and pouches, especially barbecue
- Frozen tilapia
- Ready to eat peeled hard-boiled eggs

**Frozen:**

- Frozen fruit; strawberries, peaches, pineapple, dark sweet cherries, mixed berries, etc.
- Applegate Maple chicken sausage; frozen section
- Birds Eye frozen steamable asparagus spears
- Plain frozen steamable vegetables like sweet corn, broccoli, chopped spinach, whole green beans, whole French green beans
- Green Giant Riced cauliflower
- Green Giant Riced cauliflower and sweet potato mix
- Green Giant riced cauliflower stuffing
- Green Giant Steamers Tuscan seasoned broccoli
- Green Giant Steamers seasoned Brussel sprouts
- Bird's Eye ranch flavored broccoli, ranch flavored cauliflower, buffalo flavored cauliflower

- PictSweet steamable edamame with sea salt
- Halo top pints; Peanut Butter & Jelly, Gingerbread House, Chocolate Chip Cookie Dough, Sea Salt Caramel, Pancakes & Waffles
- Eat Enlightened pints; Movie Night; Red Velvet Cookies and Cream, Marshmallow Peanut Butter, White Chocolate Raspberry, Brownies & Cookie Dough
- Eat Enlightened; Frozen Hot Cocoa, Sea Salt Caramel
- Outshine Bars; Pomegranate, Grape, Strawberry, Pineapple, Lime, Lemon, fruit and veggie blends

**Produce:**

- Blueberries
- Figs
- Strawberries
- Grapes; red, green, moon drop; cotton candy
- Watermelon
- Cantaloupe
- Honeydew
- Pineapple
- Peaches
- Pears
- Cara Cara oranges
- Grapefruit
- Nectarines
- Cherries
- Rainier cherries
- Plums
- Dried dates
- Date rolls
- Pre-sliced apples
- Golden delicious apples
- Jazz apples
- Avocado
- Tomatoes
- Steamable sweet potatoes
- Sweet potatoes
- Japanese Sweet potatoes
- Frieda's purple sweet potatoes
- Sliced mushrooms
- Cherry tomatoes
- Butternut squash cubes
- Butternut squash spirals
- Zucchini squash
- Yellow summer squash
- Green beans
- Baby carrots

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- Sugar snap peas
- Baby cucumbers
- Bell peppers
- Asparagus
- Sweet potato fries (fresh cut kind)
- Butternut squash fries
- Butter lettuce
- Baby spinach
- Gourmet Garden lightly dried Cilantro
- Gourmet Garden Italian Herb Paste
- Cavender's Greek seasoning

### **Online Items:**

- PB2 (A; bulk cases of 6 or 12 are the best deal)
- Sweet Leaf Liquid Stevia drops (A)
- LorAnn Oils super strength flavorings; I much prefer these to the ones in stores; Pralines and Cream is my favorite; all flavors are good; (A)
- Protein powder; Equip Foods beef protein chocolate and vanilla are both good; chocolate is my favorite (A or \* when there is a sale; sign up for emails to get discounts and sale alerts)
- Naturade (Rebranded as Vegan Smart) Vanilla Pea protein (A)
- DNX bars (\*; sign up for emails to get discounts and sale alerts)
- Chomps (\*; sign up for emails to get discounts and sale alerts)
- Rx Bars (only when I have a coupon code, otherwise I wait for them to be on sale at Publix, or buy at Walmart)
- Old Thompson Saigon cinnamon (A)
- Bada Bean snacks (A or \* when there is a sale; sign up for emails to get discounts and sale alerts)
- Saucy Lips foods; Tangy Mango, Zesty Cilantro, Pineapple Thai (A or \* when there is a sale; sign up for emails to get discounts and sale alerts)
- Smart Sweets; Swedish Fish, Sour Kids, Peach Rings; the rest are blah (\* when there is a sale; sign up for emails to get discounts and sale alerts)
- Brad's Plant Based veggie chips; the cracker kind, not the kale chip kind; Cheddar, Kale, and Broccoli Cheddar (A,\*)