

Best Me 2012 Grocery List



We make it easier for you

**FEATURING MARKETPLACE IGA
GIBSONS**



Breads & Grain Products:

- 'Skinny B' breakfast cereal (holycrap.ca) or Go Lean Crunch - **IGA #4**
- Oatmeal (slow-cooking, not instant) - **IGA #8**
- Brown rice bread (I use PaneRiso) - **IGA #4**
- Multi-grain ricecakes or Corn thins—**beside IGA bulk section**
- High fibre melba toast (you can alternate with WASA fibre if you wish) - **IGA #2**
- HoneyMaid 42% lesser fat graham crackers (green box) - **IGA #2**
- Hot-air popcorn/Orville Smart Pop—**IGA Main**
- Hemp Seeds—**IGA #4**
- Quinoa—**IGA #4**

Dairy:

- Simply Eggwhites—**IGA Dairy**
- Liberty 0% Greek yogurt—**IGA Dairy**
- Miracle Whip low-fat mayo (optional) - **IGA #11**
- Ultra low-fat Cool-Whip (optional) - **IGA #5**
- Silk light soy milk (red carton) OR Silk almond milk unsweetened: great for coffee, tea, cereal—**IGA Dairy**
- Skim milk – 1 litre (for Jello Pudding recipe and herb tea only) - **IGA Dairy**
- No fat cottage cheese (1 medium container) - **IGA Dairy**
- Dry curd cottage cheese (1 medium container or bag) - **IGA Dairy**

Protein Shakes, Meats, Fish & Poultry:

- Visalus Protein Powder (available online via csj.bodybyvi.com)
- Low-fat all-white turkey or chicken breast deli meat – oven-roasted in-store—no preservatives—**IGA Deli**
- Tuna ("Goldseal smoked light" suggested or Albacore) - **IGA #10**
- Lean *ground* turkey breast or ground buffalo—**IGA Meat Dept.**
- Chicken breast—**IGA Meat Dept.**
- Boston Blue Fish (Captain Highliner), halibut, trout or cod – white fish, 4-6 pieces—**IGA #6**
- Lean cut of red meat (tenderloin – 1 or 2 (about 4 oz.); I recommend buffalo—**IGA Meat Dept.**
- Tofu—medium or firm—**IGA Produce Dept.**
- Black beans, chick peas, edemame—**IGA #10 and freezer section**

Produce:

- Bananas (3 – 4) and Kiwi (2 or 3) – for shakes—**IGA Produce Dept.**
- Fresh or frozen berries mixture – for shakes—**IGA #5 and Produce Dept.**
- Frozen peach or mango slices (optional) – optional, also for shakes—**IGA #5**
- Fresh or canned unsweetened pineapple—**IGA #10**
- Dark plums – 6-8 small and Apples – 4-5 small—**IGA Produce Dept.**
- Medium-sized carrot (5 or 6) - **IGA Produce Dept.**
- Red onion (1 or 2 for turkey patties, salads, stirfries, etc.) - **IGA Produce Dept.**
- Red and green peppers (5 or 6) - **IGA Produce Dept.**
- Medium sweet potatoes (small portion can be alternated for the 2 small red ones) - **IGA Produce Dept.**
- Salad greens ('organic greens' mixture, or something similar) - **IGA Produce Dept.**
- Cauliflower, broccoli, cucumbers, green peppers, mushrooms, etc. for salads—**IGA Produce Dept.**
- Avocado—**IGA Produce Dept.**



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- Salsa—**IGA #9**
- Tzaziki— **IGA Deli**
- Hummus—**IGA Deli**
- Worcestershire sauce (optional, seasoning and recipes) - **IGA #11**
- Bragg's liquid soy—**IGA #4**
- Black pepper, Mrs. Dash, Spike – some type of 'no salt' seasoning—**IGA #8**
- Flavouring extracts (vanilla, maple, almond, cinnamon – good for shakes and oatmeal, optional) - **IGA #8**
- Cinnamon spice—**IGA #8**
- Mustard, regular and Dijon—**IGA #11**
- No-fat chicken, beef or vegetable broths – optional (for flavouring) - **IGA #10**
- OXO no-fat chicken or beef cubes – optional (for flavouring) - **IGA #10**
- Kraft Ultra low-fat ranch dressing—**IGA #11**
- Balsamic or white vinegar—**IGA #10/11**

Other:

- Campbell's **low-fat** chicken or veggie broth—**IGA #10**
- Protein cookies—great for afternoon snacks (available online via csj.bodybyvi.com)
- Hemp seed oil or flax seed oil (Udo's or Omega) - **back of IGA #4—organic dairy cooler**
- Crystal Lite (optional) – additional flavour to shakes—**IGA #2**
- Splenda (optional – my recommendation above Twin or Equal for a sugar substitute) - **IGA #8**
- Jello no-fat pudding and Jello 'light' - **IGA #10**
- Extra virgin olive oil—**IGA #11**
- Sesame oil (optional—nice for salad dressings) - **IGA #9**
- Herb teas/Green tea—**IGA #1**
- Natural peanut butter or almond butter—**IGA #4**

***Don't overwhelm yourself.** Think of it as 'restocking' your kitchen. Get a few things at a time.*

Char & Jen's 10 TOP PICKS!

- Vitamuffins—**IGA Freezer Section**
- Marinated tofu—**IGA Produce**
- Lilydale products—**IGA Meat Dept.**
- Somersaults-all flavours—**close to IGA Check-Outs**
- Eggs—**IGA Dairy**
- Organic flax waffles—**IGA Freezer Section**
- Ready-to-go chicken or turkey breasts—**IGA Deli**
- Ready-to-go salmon —**IGA Deli**
- 'Lite' ready-to-go salads—**IGA Deli**
- Healthy ready-to-go soups—**IGA Deli**