YOUR WEIGHT LOSS SWAP GROCERY GUIDE

The Habit NUTRITIONIST

Fuel your body, transform your mind—one habit at a time.

Hey! I'm so glad you're checking out this lower-calorie swap guide.

I've pulled together a list of simple swaps you can make to help with weight loss without sacrificing flavor or feeling deprived. You don't need to overhaul your entire kitchen—just a few smart changes can make a big difference. These swaps will give you healthier, lower-calorie options that still taste great and keep you satisfied throughout the week.

I've also included a section on snacks, because I know it's tempting to grab whatever's convenient, especially when you're hungry or on the go. While processed snacks can derail your progress, I want to show you some better alternatives that are lighter on calories but still hit the spot. This way, you can make better choices without feeling like you're missing out.

Here's a tip when you're shopping: ignore the front of the package with all the flashy claims and flip it over to check the ingredient list. Aim for foods with just a few simple ingredients—less than five is ideal. Long ingredient lists often mean extra calories from added sugars, fats, and preservatives that can mess with your progress. Stick to clean, whole ingredients that fuel your body and help you reach your goals without the unnecessary extras.

Sodium
- Why it matters: High sodium can lead to water retention and affect blood pressure. Try to stay under 2,300 mg per day, and watch for sneaky high-sodium processed foods.

Ingredients List
- Why it matters: A long list of unrecognizable ingredients often means artificial additives, preservatives, and hidden sugars or fats. Stick to whole foods and clean ingredients.

→ Serving Size
Why it matters: Everything else on the label is based on this amount. Check if the serving size matches how much you'd actually eat in one sitting.

→ Calories
Why it matters: This is how much energy you'll get from one serving. For weight loss, keeping an eye on calories helps ensure you don't overeat.

→ Protein
Why it matters: Protein helps keep you full and supports muscle maintenance, which is key for weight loss. Look for snacks/meals with at least 10g of protein per serving for a solid boost.

→ Fats
Why it matters: Total fat includes saturated and unsaturated fats. You want more healthy fats (like from nuts, avocados) and less saturated fat (aim for less than 10% of your daily calories).
Avoid: Trans fats (often labeled "partially hydrogenated oils")—they're harmful and linked to heart disease.

→ Carbohydrates
Why it matters: Includes fiber, sugars, and total carbs. Look for:
Fiber: Aim for at least 3g per serving. Fiber keeps you full and supports digestion.
Sugars: Watch out for added sugars. The lower, the better. Try to stick to under 25g per day of added sugar.

Produce

- [ ] Spinach
- [ ] Kale
- [ ] Romaine lettuce
- [ ] Broccoli
- [ ] Cauliflower
- [ ] Brussels sprouts
- [ ] Carrots
- [ ] Sweet potatoes
- [ ] Beets
- [ ] Onions
- [ ] Garlic
- [ ] Green onions
- [ ] Bell peppers
- [ ] Tomatoes
- [ ] Eggplant
- [ ] Zucchini
- [ ] Cucumbers
- [ ] Asparagus
- [ ] Mushrooms
- [ ] Radishes
- [ ] Snap peas
- [ ] Fresh basil
- [ ] Cilantro
- [ ] Parsley

Oils

- [ ] Olive oil
- [ ] Avocado oil
- [ ] Coconut oil
- [ ] Vegetable oil
- [ ] Cooking Spray

Protein

- [ ] Chicken breast
- [ ] Ground turkey
- [ ] Ground Beef
- [ ] Lean beef (e.g., sirloin, tenderloin)
- [ ] Pork tenderloin
- [ ] Chicken thighs
- [ ] Bacon
- [ ] Turkey Bacon
- [ ] Sausages (e.g., chicken or turkey sausage)
- [ ] Salmon
- [ ] Shrimp
- [ ] Canned tuna
- [ ] Canned chicken
- [ ] Deli turkey
- [ ] Deli ham
- [ ] Deli roast beef
- [ ] Deli chicken
- [ ] Rotisserie chicken
- [ ] Eggs

Dairy

- [ ] Milk (cow's, almond, soy, oat, etc.)
- [ ] Greek yogurt
- [ ] Cottage cheese
- [ ] Cheese (Cheddar, Mozzarella, Feta)
- [ ] Cream cheese
- [ ] Sour cream
- [ ] Ricotta cheese
- [ ] Kefir
- [ ] Heavy cream
- [ ] Half-and-half
- [ ] Butter

Condiments

- [ ] Ketchup
- [ ] Mustard
- [ ] Mayonnaise
- [ ] Hot sauce
- [ ] Soy sauce
- [ ] Worcestershire sauce
- [ ] Barbecue sauce
- [ ] Teriyaki sauce
- [ ] Salsa
- [ ] Marinara sauce
- [ ] Pesto
- [ ] Enchilada sauce
- [ ] Peanut butter
- [ ] Almond butter
- [ ] Honey
- [ ] Maple syrup
- [ ] Salad dressings

Canned/Jarred

- [ ] Canned tomatoes
- [ ] Canned soup
- [ ] Canned broth (bone, chicken, beef, or vegetable)
- [ ] Jarred olives
- [ ] Canned coconut milk
- [ ] Canned Black beans
- [ ] Canned Kidney beans
- [ ] Canned Chickpeas
- [ ] Canned Cannellini beans

Carbs

- [ ] Whole grain bread
- [ ] Sourdough bread
- [ ] Multigrain bread
- [ ] Bagels
- [ ] English muffins
- [ ] Tortillas (flour, corn, or whole wheat)
- [ ] Pita bread
- [ ] Pasta
- [ ] Cereal
- [ ] Oats (old-fashioned, quick, or steel-cut)
- [ ] Granola
- [ ] White rice
- [ ] Brown rice
- [ ] Basmati rice
- [ ] Jasmine rice
- [ ] Quinoa
- [ ] Cauliflower rice (frozen or fresh)
- [ ] Potato
- [ ] Sweet Potato

Frozen

- [ ] Frozen Vegetables
- [ ] Frozen Fruit of choice
- [ ] Frozen Waffles

Seasonings

- [ ] Salt
- [ ] Black pepper
- [ ] Garlic powder
- [ ] Onion powder
- [ ] Paprika (smoked or sweet)
- [ ] Chili powder
- [ ] Cumin
- [ ] Oregano
- [ ] Basil
- [ ] Thyme
- [ ] Rosemary
- [ ] Italian seasoning
- [ ] Parsley
- [ ] Crushed red pepper flakes
- [ ] Cayenne pepper
- [ ] Curry powder
- [ ] Turmeric
- [ ] Cinnamon
- [ ] Nutmeg
- [ ] Coriander
- [ ] Dill
- [ ] Bay leaves
- [ ] Sage
- [ ] Ground ginger
- [ ] Everything bagel seasoning
- [ ] Poultry seasoning
- [ ] Taco seasoning
- [ ] Cajun seasoning
- [ ] Lemon pepper

Snacks/Other

- [ ] Mixed nuts (almonds, cashews, walnuts
- [ ] Trail mix
- [ ] Protein bars
- [ ] Popcorn (air-popped or lightly salted)
- [ ] Pretzels
- [ ] Rice cakes
- [ ] Crackers
- [ ] Hummus cups
- [ ] Guacamole Cups
- [ ] Cheese sticks
- [ ] Dried fruit (raisins, apricots, cranberries
- [ ] Applesauce
- [ ] Dark chocolate
- [ ] Nut butter packs
- [ ] Edamame
- [ ] Beef jerky or turkey jerky
- [ ] Chips (potato, tortilla, veggie)
- [ ] Chocolate bars or pieces (dark, milk, white)
- [ ] Cookies
- [ ] Quest Chips
- [ ] Tortilla Chips

Grocery List

Dairy

Eggs

Instead of whole eggs swap with - egg whites or add 1-2 egg whites with a whole egg
70 calories vs 25 calories

Yogurt

Instead of Yoplait, Activia, High fat, Almond milk/Coconut based yogurts swap with - **Oikos pro, Ratio, Chobani nonfat, Siggis** for high protein, low fat, lower sugar alternatives.

Cottage Cheese

Instead of 4%, 3% or 2% Cottage cheese swap for - 0% or 1% Cottage cheese
130 calories vs 80 calories

Cheese

Instead of full fat cheese swap for - Reduced fat, nonfat cheese or crumbled feta, goat cheese and parmesan.

Milk

Instead of whole milk swap for - Almond milk, 1% or Nonfat. The 1% & Nonfat milk gives you more protein. **Fairlife** is a Lactose free Dairy good for people with sensitivities. For a cleaner almond milk swap for Elmhurst.
When cooking instead of heavy cream swap for - Lite unsweetened coconut milk

Coffee Creamers

Creamers are usually around 35 calories per tbsp. Instead of a more processed creamer like Coffee-mate or SILK swap for - **Califia Farms Organic, Chobani creamer or nut pods**.

Cream Cheese

Instead of regular cream cheese which is 80 calories for 2 tbsp swap for - 1/3 less fat which is 60 calories for 2 tbsp or swap for a **Laughing Cow lite** wedge which gives you the same creaminess of cream cheese for only 25-35 calories per wedge.

Butter

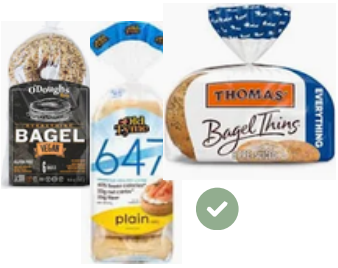
1 tbsp of butter is 100 calories so swap for - **Smart balance** butter which is around 60 calories per tbsp

Grocery List

Breads/Cereals/Pasta/Rice

Sandwich Bread

The bread aisle can feel overwhelming with so many options. To make a healthier choice, check the label and swap for a whole grain bread like **Dave's Killer Bread, 647** Bread which has just 45 calories per slice or a **100-Calorie sandwich thin**. Whole grain options are better for you, offering more fiber and nutrients compared to refined breads.

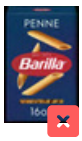


Bagels

For lower-calorie bagel options, you can swap for 647 Bagels, O'dough orThomas Bagel Thins. If you prefer a regular bagel, try switching to a whole grain option like Dave's Killer Bread Bagels for more fiber and nutrients.

Wrap/Tortilla/Taco Shells

Lower-calorie options like **Egglife and Guerrero** wrap/tortillas are just 25-35 calories per wrap. If you prefer crunchy taco shells, **Old El Paso** offers 3 shells for 150 calories. For a more substantial option, **Mission Carb Balance** wraps have 70 calories per wrap and pack 15g of fiber and 5g of protein, making them a great choice for added nutrition.

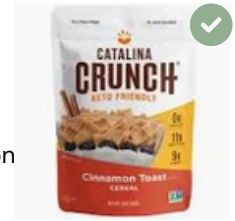


Pasta

Regular Barilla pasta is out. Swap for a higher-protein, higher-fiber option with the same calories and taste, like **Banza pasta, red lentil pasta, Protein+, or DeCecco** semolina pasta. For a lower-calorie alternative, try zucchini noodles, **Palmini**, or **Bird's Eye** for half the calories.

Rice

Cauliflower rice is a lower-calorie alternative to regular rice. If you're looking for lower-calorie options, I suggest making rice at home instead of using store-bought pre-cooked versions. There's a conversion issue when heating pre-cooked rice, and you get more value with home-cooked rice.
1/4 cup cooked rice = 60 Calories
1/2 cup cooked rice = 100 Calories
3/4 cup cooked rice = 160 Calories
1 cup cooked rice = 210 Calories



Cereal

Cereal is a low satiating food so swapping for a higher fiber and higher protein option like **Catalina Crunch.**

Granola

Purely Elizabeth Granola is 130 calories for 1/2 cup so swap for - **Pro Granola** which is 97 calories for 1/2 cup

Grocery List

Canned and Jarred Goods

Bone Broth

Yes, chicken broth is low in calories, around 5 calories per cup, but it lacks significant nutritional content. Swapping to bone broth provides more satiation with 9g of protein per cup for just 45 calories.

Sauces

2 tbsp of pesto ranges from 160-200 Calories so swap for - **LeGRAND** pesto, which has only 110 calories for 2 tablespoons.
Jarred tomato sauce usually ranges from 80-100 calories per 1/2 cup, but swapping to **RAO's pizza sauce** reduces that to just 45 calories per 1/2 cup.
Bertolli Alfredo sauce is 110 calories per 1/4 cup swap for - **Classico** which is 50 calories per 1/4 cup

Beans

1/2 cup of beans is 110-140 calories swap for - Fat free Refried beans for 90 calories per 1/2 cup.

Peanut Butter

Regular peanut butter has about 180-200 calories per 2 tablespoons. Powdered peanut butter, like PB2, offers a similar flavor with only 60 calories per 2-tablespoon serving.

Grocery List

Frozen Foods

French Fries

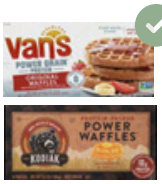
French fries are a classic guilty pleasure often enjoyed at restaurants, but they can easily fit into a balanced meal at home. **Alexia** offers a cleaner option, and with their puffs or tater tots, you can enjoy around 100 calories per serving compared to the usual 140.

Pizza

Frozen pizza can average 440+ for 1/3 of the pie like Red Barron so, swap for - **Newmann's own, Amy's or Cappello;s** that average 370 calories for 1/3 of the pie or less.

Waffle

With waffles we are looking to swap for higher protein options like **Van's or Kodiaks.**



Frozen Burgers

Swap a 420 calorie Bubba beef burger for a - **Good & Gather** beef burger for 330 Calories or a **Bubba turkey burger** for 190 Calories.

Chicken Nuggets

Perdue chicken nuggets average 210 calories per serving so, swap for - **Realgood** which are 130 calories per serving.

Ice Cream

Swap Haagan-Daz ice cream bars which are 270 calories for - **SOdelicous** ice cream bars which are 190 calories and have similar flavor and texture. **Yasso** = 140 per bar

Grocery List

Meat/Fish

Lunch Meat

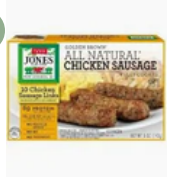
Swap ham, salami or Prosciutto for leaner protein like Turkey or Chicken.

Bacon

Swap bacon which is 90 calories per slice for **Applegate turkey bacon** for 30 calories per slice or **Garrett Valley Bacon** which is 40 calories per slice.

Sausage

Swap Natures promise or Gilberts chicken sausage for **Bilinski's**. This is 150 vs 80 calories.



Breakfast Sausage

Swap Shad Brook Farms or Banquet for **Jones.** This is 180 vs 90 Calories.

Chicken

Chicken thighs swap for Chicken Breast

Ground Turkey

Leaner options are 93/7%, 99% or turkey breast.

Ground Beef

Leaner options are 93/7 or 90/10 ground beef

Seafood

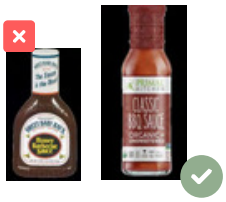
Swap Salmon for shrimp or white fish.

Grocery List

Sauces/Condiments

BBQ Sauce

Swap Sweet Baby Rays which is 70 calories per 2 tbsp for - **Primal Kitchen or Ghughes** which is >20 calories per 2 tbsp.



Caesar

Swap traditional Caesar dressing for **Bolthouse.**
120 Calories vs 50 Calories per 2 tbsp

Ranch

Swap traditional Ranch dressing for **Bolthouse.**
120 Calories vs 50 Calories per 2 tbsp

Salad Dressing

Trader Joes Green Goddess, Ghughes, Skinnygirl, 365 Light & Bolthouse are salad dressings that are 60 Calories or less per 2 tbsp

Mayo

Swap Regular mayo for **Hellmann's** lite mayo.
100 Calories vs 35 Calories per tbsp

Grocery List

Snacks/Other

For the snack section, I want you to focus on portion control and pre-packaged snacks. Instead of providing a long list of snack options, these two strategies can help you enjoy your favorite treats without overindulging:

- **Portion Control:** Be mindful of serving sizes to help manage your calorie intake. Using smaller plates, measuring portions, and practicing mindful eating can make a significant difference in how satisfied you feel with less food.
- **Pre-Packed Snacks:** These convenient options make it easier to stick to portion control. Look for single-serve nut packs, hummus and veggie packs, Greek yogurt cups, string cheese, and rice cakes with nut butter packs. These snacks are pre-measured and ready to grab, helping you avoid the temptation to overeat.
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By focusing on portion control and choosing pre-packed snacks, you can enjoy your snacks mindfully and support your overall nutrition goals.

Hummus

Trail Mix/Nuts

Pretzels

Chips

Popcorn

Meat Sticks

Cookies

Candy

Grocery List

Oils

Oil

Olive oil, avocado oil, vegetable oil, and coconut oil each contain 120 calories per tablespoon. To reduce calorie intake, consider swapping these oils for a cooking spray or use a spray bottle for portion control.

Seasoning

Are FREE Calories