

POPCORN

- Skinny Pop Ready-to-Eat Popcorn
- Orville Redenbacher's Naturals Simply Salted Microwave Popcorn
- Full Circle Organic Butter Microwave Popcorn
- Skinny Girl Microwave Popcorn

NUTS

- Sargento Balanced Break Snack Packs
- Blue Diamond Almonds (All Varieties)
- Planter's NUT-rition
- Bulk Containers Nuts & Seeds (Roasted or Raw)

HUMMUS, GUACAMOLE & SALSA

- Sabra Hummus (All Varieties)
- Wholly Guacamole (All Varieties)
- Green Mountain Gringo Salsa (All Varieties)
- Two Hot Mamas Salsa (All Varieties)
- My Brother's Salsa (All Varieties)

FROZEN FRUITS & VEGETABLES

- All Frozen Berries (No Sugar Added)
- All Frozen Non-Starchy Vegetables (Plain, Seasoned, Low-Fat Butter Sauce)
- Green Giant Spiral Veggie Noodles, Riced Veggies
- Vegan Rob's Sorghum Cauliflower Puffs, Probiotic Dragon Puffs

FROZEN BREAKFAST

- Van's Waffles Gluten-Free Ancient Grains
- Kodiak Power Waffles

FROZEN MEALS

- Smartmade Meals Chicken Fried Cauliflower Bowl, Rosemary Grilled Beef & Vegetables
- Eating Well Steak Carne Asada
- Amy's Brown Rice & Vegetable Bowl

FROZEN PIZZA

- CauliPower Cauliflower Crust Pizza (All Varieties)

FROZEN VEGETARIAN PROTEIN

- Gardein Beef-less Black Bean Burger
- MorningStar Farms Grillers Original Veggie Burgers, Spicy Black Bean, Garden Veggie
- Boca All American Flame Grilled Meatless Burger

ICE CREAM

- Halo Top Ice Cream (All Varieties)
- So Delicious No Sugar Added Butter Pecan Ice Cream

What is Ochsner Eat Fit?

- Ideal for those who want to eat clean. Also fitting for those watching their **weight, blood pressure** or **cholesterol levels**.
- Approved items have **less than one teaspoon** of added sugar and contain **ZERO** white carbs.
- Eat Fit items are **low in animal saturated fats** and focus on lean proteins, plant-based fats, vegetables, fruits and whole grains.
- Eat Fit is **NOT** low-fat or "lite" – rather, we focus on **heart-smart plant-based fats**.

PORK

- Boneless Pork Chop "Breakfast Chops"
- Boneless Center-Cut Pork Chops

POULTRY

- Boars Head Deli Turkey No Salt Added
- Ground Turkey Breast 99% Lean or 93% Lean
- Turkey Breast Cutlets 99% Fat Free
- Smart Chicken™ Boneless Breasts or Tenders
- Sanderson Farms Boneless Skinless Chicken Breasts, Thighs or Tenderloins

MILK

- Reduced Fat, 1% or Fat Free Milk (All Varieties)
- Fairlife Reduced Fat or Skim Milk
- Wallaby Plain Unsweetened Milk

EGGS

- Cage-Free, Free-Range, Pasture-Raised Eggs
- Vital Farms Pasture-Raised Eggs
- Egg Beaters Original or Egg Whites

BUTTER

- Earth Balance Vegan Butter (All Varieties)
- Earth Balance Organic Coconut Spread

TEA

- Tea Bags & K-Cups (Black, Green, Herbal Unsweetened)
- HonesTea "Just" Black Tea, "Just" Green Tea
- Gold Peak Unsweetened Tea

COFFEE

- CoolBrew (All Varieties)
- French Truck Coffee (All Varieties)
- French Market Cold Brew (All Varieties)
- Whole Bean, Ground & K-Cup Coffee (All Varieties Made w/out Artificial Ingredients)

HYDRATION & RECOVERY

- Dasani Sparkling (All Varieties)
- La Croix (All Varieties)
- Ozarka Sparkling (All Varieties)
- Crystal Geyser Sparkling (All Varieties)
- Perrier (All Varieties)
- Club Soda (All Varieties)
- BodyArmor Lyte
- Vitamin Water Zero (All Varieties)
- Lakewood Organic Beet Juice
- Bai
- Topo Chico

REFRIGERATED GRAB & GO

- Coconut Water Plain
- Big Easy Bucha (All Varieties)
- GT's Kombucha (All Varieties)
- HydraGuard Recharge

PROTEIN CHIPS & BARS

- Quest Protein Chips
- Rx Bars
- Oatmega Bars
- ThinkThin Protein Bars
- Quest Bars
- Primal Kitchen Protein Bars
- KIND Bars w/ 5 Grams of Sugar or Less
- KIND PROTEIN or KIND Nuts & Spice

PROTEIN POWDERS & DRINKS

- Designer Whey Natural Protein Powder
- Bob's Red Mill Protein & Fiber w/ Chia & Probiotics
- Bob's Red Mill Pea Protein
- Bob's Red Mill Hemp Protein
- Bob's Red Mill Protein Powder Nutritional Booster, Chocolate or Vanilla
- Iconic Ready-To-Drink Protein Drink
- Owyn Protein Beverage
- Bulletproof Whey Protein

R **UPTOWN:** **BATON ROUGE:** **METAIRIE:**
Carrollton **Highland at** **W. Esplanade at**
at Claiborne **Kenilworth** **Transcontinental**
504.488.0536 **225.767.0074** **504.885.7005**

LAKEFRONT: **MARIGNY:** **LG:**
Robert E. Lee **St. Claude at** **810 Harrison**
at West End **Elysian Fields** **Ave., N.O.**
504.282.3428 **504.262.8888** **504.293.1201**

Ochsner™
Eat™
Fit

SHOPPING GUIDE

LAKEVIEW GROCERY
On Harrison Avenue

BAKERY

- Eat Fit Scones (Gluten-Free)
- Eat Fit 100% Whole Wheat Croissants
- Eat Fit 5 Seed Bagels

PRODUCE

- Fresh Fruit (All)
- Fresh Vegetables (All)
- Green Giant Fresh Cauliflower Crumbles
- Spiralized Vegetable Noodles
- Steam-in-the-Bag Fresh Veggies
- Stir-Fry Veggies
- Tofu (All Varieties)
- House Foods Tofu Shirataki Noodles
- Fresh Pressed Vegetable Juice (Lakefront Location)
Deep Green, Carrot, Lemon

SALAD BAR

- Robért's House Made Chicken Salad 🥗
- Robért's House Made Cranberry Pecan Chicken Salad 🥗
- Robért's House Made Tuna Salad 🥗
- Baked Chicken
- Cooked Shrimp
- Steamed Veggies
- Brussels Sprouts

PREPARED FOODS

- Baked Salmon
- Mixed Vegetables
- Green Beans w/ Carrots
- Green Beans w/ Roasted Shallots
- Roasted Asparagus Salad
- Wild Rice w/ Cranberries & Pecans

SEAFOOD

- Fresh Fish (All Varieties)
- Cedar Plank Smoked Salmon (All Varieties) 🐟
- Full Circle Fish (All Frozen Varieties)
- Yellowfin Tuna (Frozen)
- Alaska Keta Salmon (Frozen)

BEEF

- Louisiana Wagyu Deli Roast Beef
- Lean Ground Beef 93% Lean
- Beef Tenderloin Steak
- Top Round Steak
- London Broil Steak
- Eye of Round Steak
- Flank steak

CHEESE

- String Cheese (All Varieties)
- Snack Size Cheese (Babybel, Laughing Cow, BelGioioso Fresh Mozzarella or Fontina, Ile de France Brie Bites)
- Sargento Part Skim Ricotta

YOGURT & OTHER

- Plain Greek Yogurt 0% or 2% (Oikos, Fage, Siggis)
- Flavored Greek Yogurt (Oikos Triple Zero)
- Daisy 2% Cottage Cheese
- Lifeway Kefir Plain or Natural
- Twogood Yogurt Plain or Unsweetened
- Kite Hill Yogurt Plain

DAIRY ALTERNATIVES

- Coconut Milk Unsweetened, Vanilla or Original (All Varieties)
- Almond Milk Unsweetened Vanilla or Original (All Varieties)
- Forage Plain Unsweetened Cashew Beverage
- Califia Farms Unsweetened Oatmilk, Oatmilk Barista Blend
- Nut Pods Original Creamer

OILS & VINEGARS

- Olive Oil First Cold Press Extra Virgin (All Varieties)
- Avocado Oil (All Varieties)
- Coconut Oil (All Varieties)
- PAM Organic Olive Oil Nonstick Cooking Spray
- Bragg's Apple Cider Vinegar (All Varieties)
- Balsamic Vinegar (All Varieties)
- Red Wine Vinegar (All Varieties)
- White Wine Vinegar (All Varieties)
- Champagne Vinegar (All Varieties)

SEASONINGS

- Paul Prudhomme's Magic Seasonings Regular, Salt-Free (All Varieties)
- Geaux Creole Creole Dust
- Sal & Judy's Italian Seasoning
- Tony Chachere's No Salt Seasoning
- Mr. Dash Salt-Free Marinade (All Flavors)

SAUCES & CONDIMENTS

- Sal & Judy's Heart Smart Pasta Sauces
- Tabasco
- Primal Kitchen Mayonnaise
- JUST Mayo
- Hunt's Tomato Sauce No Salt Added
- Hunt's Tomato Paste
- Primal Kitchen Spicy Ketchup Organic Unsweetened
- Muir Glen Fire Roasted Tomato Pasta Sauce

CANNED GOODS

- Canned Vegetables (All No Salt Added Varieties)

SALAD DRESSINGS

- Hanley's Salad Dressings (All Varieties)
- Sal & Judy's Italian, Balsamic Vinaigrette, Roasted Garlic Dressings
- Bragg's Apple Cider Vinaigrettes or Dressings (All Varieties)
- Primal Kitchen Salad Dressings (All Varieties)
- House-Made Vine-Ripe Tomato Dressing
- House-Made Creamy Cucumber Dill Dressing
- Chosen Foods Lemon Garlic, Orange Balsamic Dressing

SOUPS, STOCKS & BROTHS

- Pacific Foods Bone Broth Chicken, Beef (Unsalted)
- Pacific Foods Chicken, Vegetable, Beef Broth (Low Sodium)
- Kitchen Basics Chicken, Vegetable, Beef Stock (Unsalted)
- Amy's Organic Soups Lentil, Lentil Vegetable, Split Pea (Light Sodium)

NUT BUTTERS

- COnut Butter (All Varieties)
- Justin's Nut Butters Classic Peanut Butter, Classic Almond Butter
- Wild Friends Protein Classic Creamy Peanut Butter
- Wowbutter Natural
- Jif Natural Almond Butter
- Beyond the Equator 5 Seed Butter (Nut-Free)
- SunButter (Nut-Free)
- Sunbutter Organic Sunflower Butter
- Tahini

BREADS & WRAPS

- Dave's Killer Bread Powerseed,, 21 Whole Grains & Seeds (Regular or Thin-Slice)
- Nature's Own 100% Whole Wheat Bread
- Ezekiel Bread (Freezer Section – All Varieties)
- Hola Nola Wraps Low Carb, 100% Whole Wheat Varieties
- Hola Nola Low Carb High Fiber Tortilla

SWEETENERS & CHOCOLATE

- Swerve Sweetener Granular, Confectioners, Brown
- Stevia in the Raw
- Truvia
- Pure Via
- Unsweetened Bakers Chocolate
- Ghirardelli 70% Cacao Baking Bar
- Hershey's Cocoa
- Lily's Chocolate



FLOURS & SEEDS

- Ground Flaxseed (Bob's Red Mill)
- Almond Flour (Bob's Red Mill)
- Coconut Flour (Bob's Red Mill)
- Quinoa Flour (Bob's Red Mill)
- Brown Rice Flour (Bob's Red Mill)
- Whole Wheat Pastry Flour (Bob's Red Mill)
- Whole Wheat Flour (All Varieties)
- Bob's Red Mill Waffle, Pancake Mix
- Bob's Red Mill Paleo Pancake, Waffle Mix
- Kodiak Pancake Mix

PASTA & PASTA ALTERNATIVES

- POW! Lentil Pasta Gluten-Free (All Varieties)
- Banza Chickpea Pasta Gluten-Free (All Varieties)
- Banza Chickpea Mac & Cheese Gluten-Free (All Varieties)
- Modern Table Meal Kits Gluten-Free (All Varieties)
- 100% Whole Grain Pasta (All Varieties)
- Chickpea Brand Penne Pasta

LEGUMES, WHOLE GRAINS & SEEDS

- Dry Beans & Lentils (All Varieties)
- Quinoa (All Varieties)
- Jazzmen Aromatic Brown Rice
- Lundberg Wild Blend Rice
- Lundberg Brown Basmati Rice
- Farro (Bob's Red Mill)

HOT & COLD CEREALS

- Barbara's Puffins Original Cereal
- Kashi GoLean, Go Rise Cereal
- Uncle Sam's Whole Wheat, Flaxseed Original Cereal
- McCann's Steel Cut Irish Original
- Quaker Instant Oatmeal Packets Original
- Quaker Old-Fashioned Oats
- Ezekiel Cereal (Cinnamon Raisin, Original, Almond, Golden Flax)

CHIPS, CRACKERS & SNACKS

- Beanitos Chips (All Varieties)
- Way Better Chips (All Varieties)
- Sun Chips (All Varieties)
- Ak-Mak Sesame Cracker
- Triscuit or Triscuit Thins (Original, Avocado Cilantro Lime, Hint of Salt)
- Lundberg Thin Stackers Puffed Brown Rice, Red Rice Quinoa
- Thunderkids Peanut Butter & Jelly Snack Bar
- Should Taste Good Brand (Multigrain Tortilla Chips, Sweet Potato Tortilla Chips)