

Fill Your Cart Like a Pro

picks that will inspire you to eat healthy all week long. Grab these foodie-approved grocery

By KATHLEEN MULPETER

YOU ALREADY KNOW THAT TRADER JOE'S HAS AN UNBEATABLE FROZEN FOODS SECTION (HELLO, VEGETABLE MASALA BURGERS!) and the bulk bins at Whole Foods are the place to load up on couscous and quinoa. But have you ever wondered what healthy eats the pros always put in their carts? "The good news is that there are incredibly flavorful and nutritious finds at your favorite stores," says Wendy Bazilian, DrPH, author of *Eat Clean, Stay Lean*. We asked people who cook and eat well for a living—dietitians, chefs, food bloggers and cookbook authors—to tell us what must-have items they reach for during their weekly shopping trips.

WHOLE FOODS MARKET



Mary's Gone Crackers Original Crackers (\$5 for 6.5 oz.)

▶ "I eat them alongside eggs, or with hummus and avocado as a snack. They're gluten-free and full of healthy fats. The Super Seed varieties, with extras like seaweed and chia seeds, pack even more nutrition." —Miranda Hammer, RD, founder of *crunchyradish.com*



New Barn Original Almondmilk (\$6 for 28 oz.)

▶ "This is by far my favorite nut milk on the market. It's certified organic; contains just five, easy-to-pronounce ingredients; and has 3 grams of protein per serving (compared with 1 in most other brands)." —Stephanie Middleberg, RD, founder of *Middleberg Nutrition in New York City*



Wild Planet Canned Tuna (\$5 for 5 oz.)

▶ "For a quick meal, I buy Wild Planet canned tuna and season it with Dijon mustard, balsamic vinegar, Italian herb seasoning and lemon juice, then serve it over a bed of greens with chopped veggies, chickpeas and sliced almonds." —Cynthia Sass, RD, *Health's contributing nutrition editor*



Alter Eco Dark Cacao Organic Chocolate (\$4 for 2.82 oz.) and Theo Organic Fair Trade 70% Dark Chocolate (\$4 for 3 oz.)

▶ "I have a few squares of organic dark chocolate every day as 'me' time. Knowing I have this treat to look forward to helps me easily say no to other sweet or salty snacks." —Cynthia Sass



Preseasoned Meat (prices vary)

▶ "I really like the marinated meats from the Whole Foods meat counter. They're seasoned well and are extremely convenient when you don't have time to prep food." —Leah Cohen, chef and owner of *Pig & Khao in New York City*



Siggis Squeezable Yogurt Tubes in Strawberry or Blueberry (\$5 for a pack of 8)

▶ "While I normally recommend choosing plain yogurt over flavored, these tubes are low in sugar. I store them in the freezer so they can thaw in my lunch bag in the morning." —Erika Horowitz, RDN, a dietitian in *New York City*

Target



Simply Balanced Frozen Vegetables and Frozen Fruit (prices vary)

▶ "I stock up on frozen fruits and veggies at Target. I blend frozen fruit into smoothies or quickly steam frozen veggies when I don't have time to prep fresh ones. They're great tossed with a little jarred dairy-free pesto." —Cynthia Sass



Justin's Vanilla Almond Butter (\$14 for 16 oz.)

▶ "Justin's is one of my favorite brands because its nut butters are low in sugar but still taste fantastic. And it offers really yummy flavors, like this amazing vanilla!" —Beth Lipton, *Health's food director*



McCormick Ground Cinnamon (\$3 for 2.37 oz.) and McCormick Oregano Leaves (\$3 for 0.75 oz.)

▶ "I can always find spices at Target for a great price. Cinnamon is delicious in coffee, and I love oregano in salad dressings, marinades and soups." —Wendy Bazilian



Quinn Microwave Popcorn (\$5 for 7 oz.)

▶ "The organic corn is farm-to-bag, and the bag is compostable. Plus, the white Cheddar flavor tastes insanely good and is actually made with real Cheddar cheese—no artificial 'Cheddar flavoring.'" —Elizabeth Stein, founder of the natural-foods company *Purely Elizabeth* and author of *Eating Purely*



version of your favorite seven organic nuts and seeds, including chia seeds, hazelnuts and cashews. And the 26-ounce size is a great deal at Costco." —Elizabeth Stein

Trader Joe's Gone Bananas
(\$2 for 8 oz.)

▶ "Chocolate-covered frozen banana bites are great when you're craving a sweet but low-calorie snack."
—Leah Cohen

Trader Joe's Fig Butter
(\$2 for 11 oz.)

▶ "I like to spread it on a grilled sandwich with fresh mozzarella, arugula, prosciutto and balsamic dressing. Delicious!"
—Molly Martin, culinary director at Salt & Vine in Nashville

Harmless Harvest Coconut Water
(\$5 for 16 oz.)

▶ "Costco is a good place to pick up specialty items, like coconut water. The Harmless Harvest brand tastes great and is made from fresh coconuts."
—Lily Kunin, health coach and cook at cleanfooddirtycity.com

Made in Nature Dried Fruit (prices vary)

▶ "This brand is organic and preservative-free. One way to use dried fruit: Chop it up and fold it into nut butter along with cinnamon and oats to make homemade energy balls."
—Cynthia Sass

Whispering Angel Rosé (\$18 for 750 ml)

▶ "Costco has an incredible wine selection, and you don't even need to be a member to buy some! The store stocks wines from all over the world, all fairly priced. My favorite is the Whispering Angel Rosé."
—Gaby Dalkin

\$43 BILLION+

THAT'S HOW MUCH AMERICANS SPENT ON ORGANIC GROCERIES IN 2015.

SOURCE: Organic Trade Association

Produce Aisle Gems

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Shaved sprouts

"I love preshaved Brussels sprouts, which you can often get at Whole Foods. For the best (and easiest!) salad ever, I'll toss them with olive oil, fresh lemon, chili flakes and Parmesan along with a little salt and pepper."

—Sarah Schneider, owner of Egg Shop in New York City



Alterna-rice

"Cauliflower is a versatile substitute for complex carbs in many dishes. Making your own cauliflower 'rice' is messy and time-consuming, though, which is why I love the prechopped version from Whole Foods. One container makes enough for two people and takes just minutes to cook."

—Stephanie Middleberg



Super seeds

"I buy the prepped pomegranate seeds from Trader Joe's. While they're more expensive than a whole pomegranate, the time commitment (and stain potential) often deters me from peeling the fruit myself. A handful of these little seeds adds sweet, tart flavor to Greek yogurt, salads or a veggie stir-fry. And they're so nutritious!"

—Wendy Bazilian