

## Target OPTAVIA Shopping List for the 5&1 Plan

### Target OPTAVIA Shopping List Chicken & Turkey Items

- Good & Gather Premium Chunk Chicken Breast - 6 oz = 1 leaner
- Good & Gather Mesquite Grilled Chicken Breasts, Frozen - 6 oz = 1 leaner
- Good & Gather Fire Grilled Chicken Breasts, Fresh - 6 oz = 1 leaner
- Good & Gather Boneless & Skinless Chicken Breasts - 6 oz = 1 leaner
- Good & Gather Chicken Fajitas by John Soules Foods - 6 oz = 1 leaner
- Good & Gather Hardwood Pulled Smoked Chicken - 6 oz = 1 leaner
- Good & Gather Fire Grilled Chicken Skewers - 3 skewers = 1 leaner
- Good & Gather Chicken Tenderloins - 6 oz = 1 leaner
- Good & Gather Chicken Mozzarella Meatballs - 5 meatballs = 1 leaner
- Good & Gather Oven Roasted Turkey Breast - 7 oz = 1 leanest
- Good & Gather Shredded Chicken - 6 oz = 1 leaner

### Target OPTAVIA Shopping List Fish & Seafood Items

- Good & Gather Solid White Albacore Tuna - 7 oz = 1 leanest
- Good & Gather Raw Argentine Red Shrimp - 7 oz = 1 leanest
- Good & Gather Cold Smoked Atlantic Salmon - 5 oz = 1 lean
- Good & Gather Mahi-Mahi Portions, Frozen - 7 oz = 1 leanest
- Good & Gather Tilapia Fillets - 7 oz = 1 leanest
- Good & Gather Farm-Raised Atlantic Salmon - 5 oz = 1 lean
- Good & Gather Shrimp Tray (no sauce) - 7 oz - 1 leanest

### Target OPTAVIA Shopping List Beef, Lamb & Pork Items

- Good & Gather USDA Select Angus Beef Inside Skirt - 5 oz = 1 lean
- Good & Gather Angus Beef Fajitas by John Soules Foods - 5 oz = 1 lean



Good & Gather Sliced Beef Sirloin - 5 oz = 1 lean

Good & Gather Pork Chops - 6 oz = 1 leaner

Good & Gather New Zealand Lamb Loin Chops Tray - 5 oz = 1 lean

#### Target OPTAVIA Shopping List Meatless Items

Good & Gather Extra Firm Tofu – 1 14oz package = 1 lean

Good & Gather 1% Cottage Cheese – 12oz = 1 leanest

Good Culture 2% Cottage Cheese – 12oz = 1 leaner

Lightlife Original Organic Tempeh – 5oz = 1 lean

Morningstar Farms Sausage Patties – 3 patties = 1 leaner

Morningstar Farms Sausage Links – 6 links = 1 leaner

#### Target OPTAVIA Shopping List Dairy Items

Good & Gather Nonfat Plain Greek Yogurt - 12 oz = 1 leanest

Good & Gather Cage Free Large Brown Eggs - 3 whole eggs = 1 lean

Good & Gather Liquid Egg Whites - 2 cups = 1 leanest

Good & Gather Shredded Parmesan Cheese - 1 tbsp = 1 condiment

#### Target OPTAVIA Shopping List Vegetables

Good & Gather Asparagus - ½ cup = 1 green

Good & Gather Tri-colored Bell Peppers - ½ cup = 1 green

Good & Gather Broccoli Florets - ½ cup = 1 green

Cauliflower Head- ½ cup = 1 green

Good & Gather Cauliflower Head- ½ cup = 1 green

Good & Gather Broccoli & Cauliflower - ½ cup = 1 green

Good & Gather Mini Cucumbers - ½ cup = 1 green

English Cucumber - ½ cup = 1 green

Good & Gather Celery - ½ cup = 1 green

Good & Gather Celery Sticks - ½ cup = 1 green

Spice World Minced Garlic - 1 tsp = 1 condiment  
Good & Gather Green Beans - ½ cup = 1 green  
Good & Gather Green Onions - 1 tbsp chopped = 1 condiment  
Good & Gather Chopped Kale - 1 cup = 1 green  
Good & Gather Garden Butter Lettuce Blend - 1 cup = 1 green  
Good & Gather Iceberg Lettuce - 1 cup = 1 green  
Good & Gather Garden Salad Blend - 1 cup = 1 green  
Good & Gather Italian Blend - 1 cup = 1 green  
Good & Gather Iceberg Lettuce (Shredded) - 1 cup = 1 green  
Good & Gather Mini Sweet Peppers - ½ cup = 1 green  
Good & Gather Sliced White Mushrooms - ½ cup = 1 green  
Good & Gather Baby Bella Mushrooms - ½ cup = 1 green  
Good & Gather Sweet Onions - 1 tbsp chopped = 1 condiment  
Good & Gather Organic Spring Mix Lettuce - 1 cup = 1 green  
Good & Gather Romaine Hearts - 1 cup = 1 green  
Good & Gather Romaine Hearts (Chopped) - 1 cup = 1 green  
Good & Gather Spinach - 1 cup = 1 green  
Tomatoes - ½ cup = 1 green

**\*Almost all Good & Gather items also have a Organic Option**

### Target OPTAVIA Shopping List Healthy Fats

#### Almonds, Cashews & Pistachios

Good & Gather Natural Whole Almonds - ⅓oz = 1 healthy fat  
Good & Gather Sliced Almonds - ⅓oz = 1 healthy fat  
Good & Gather Unsalted Cashews - ⅓oz = 1 healthy fat  
Wonderful Pistachios, Roasted Lightly Salted - ⅓ oz = 1 healthy fat

#### Butter, Margarine & Mayo

Kraft Mayonnaise - ½ tbsp = 1 healthy fat  
Hellmann's Mayonnaise - ½ tbsp = 1 healthy fat

Good & Gather Mayonnaise - ½ tbsp = 1 healthy fat

Good & Gather Unsalted Sweet Cream Butter - ½ tbsp = 1 healthy fat

#### Other Fats

Avocados - 1½ oz = 1 healthy fat

Good & Gather Homestyle Chunky Guacamole – 2 tbsp = 1 healthy fat

#### Target OPTAVIA Shopping List Condiments

##### Milk

Good & Gather Unsweetened Vanilla Almond Milk - 1 cup = 1 condiment

Silk Unsweetened Original Almond Milk - 1 cup = 1 condiment

Silk Unsweetened Vanilla Almond Milk - 1 cup = 1 condiment

##### Spice Items

Good & Gather Minced Garlic - 1 tsp = 1 condiment

Good & Gather Garlic Powder - ½ tsp = 1 condiment

Good & Gather Granulated Onion - ½ tsp = 1 condiment

Good & Gather Paprika - ½ tsp = 1 condiment

Good & Gather Minced Onion - ½ tsp = 1 condiment

Good & Gather Organic Ground Cumin - 1 tsp = 1 condiment

Good & Gather Chives - ¼ cup chopped = 1 condiment

Good & Gather Chili Powder - ½ tsp = 1 condiment

Good & Gather Ground Cinnamon - ½ tsp = 1 condiment

Good & Gather Organic Ground Cinnamon - ½ tsp = 1 condiment

Good & Gather Organic Granulated Onion - ½ tsp = 1 condiment

Good & Gather Organic Garlic Granulated - ½ tsp = 1 condiment

Good & Gather Ground Cayenne Pepper - ½ tsp = 1 condiment

##### Oil's

Good & Gather Organic Extra Virgin Olive Oil - 1 tsp = 1 condiment

Good & Gather Extra Virgin Olive Oil - 1 tsp = 1 condiment

Bertolli Extra Light Olive Oil - 1 tsp = 1 condiment

Olivari Avocado Oil - 1 tsp = 1 condiment

Pompeian Imported Classic Pure Mild Olive Oil - 1 tsp = 1 condiment

Good & Gather Olive Oil Cooking Spray - 10, ¼ second sprays = 1 condiment

Pam Original Cooking Spray - 10, ¼ second sprays = 1 condiment

#### Other Target OPTAVIA Shopping List Items

Quest Chips - Variety Pack - 1 (1.1oz) bag = ½ leaner

Produced by Chris Sloan of <https://leanandgreenrecipes.net>