

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 lean
- 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 an Organic Option**

Target OPTAVIA Shopping List Healthy Fats

Almonds, Cashews & Pistachios

- Good & Gather Natural Whole Almonds - ½oz = 1 healthy fat

- Good & Gather Sliced Almonds - $\frac{1}{3}$ oz = 1 healthy fat
- Good & Gather Unsalted Cashews - $\frac{1}{3}$ oz = 1 healthy fat
- Wonderful Pistachios, Roasted Lightly Salted - $\frac{1}{3}$ oz = 1 healthy fat

Butter, Margarine & Mayo

- Kraft Mayonnaise - $\frac{1}{2}$ tbsp = 1 healthy fat
- Hellmann's Mayonnaise - $\frac{1}{2}$ tbsp = 1 healthy fat
- Good & Gather Mayonnaise - $\frac{1}{2}$ tbsp = 1 healthy fat
- Good & Gather Unsalted Sweet Cream Butter - $\frac{1}{2}$ tbsp = 1 healthy fat

Other Fats

- Avocados - $1\frac{1}{2}$ 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 - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Granulated Onion - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Paprika - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Minced Onion - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Organic Ground Cumin - 1 tsp = 1 condiment
- Good & Gather Chives - $\frac{1}{4}$ cup chopped = 1 condiment
- Good & Gather Chili Powder - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Ground Cinnamon - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Organic Ground Cinnamon - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Organic Granulated Onion - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Organic Garlic Granulated - $\frac{1}{2}$ tsp = 1 condiment
- Good & Gather Ground Cayenne Pepper - $\frac{1}{2}$ 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://optavialeanandgreen.com/>