

HUMMUS, GUACAMOLE + SALSA

- Sabra Hummus (All Varieties)
- Wholly Guacamole (All Varieties)
- Green Mountain Gringo Salsa (All Varieties)
- Two Hot Mama's 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
- Green Giant Riced Veggies

FROZEN BREAKFAST

- Van's Waffles Gluten-Free Ancient Grains

FROZEN MEALS

- Smartmade Meals Chicken Fried Cauliflower Bowl or 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
- Boca All American Flame Grilled Meatless Burger

ICE CREAM

- Halo Top Ice Cream (All Varieties)

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)

TEA

- Tea Bags + K-Cups (Black, Green + Herbal All Unsweetened Varieties)
- HonesTea "Just" Black Tea or "Just" Green Tea
- Gold Peak Unsweetened Tea

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 Tenderloin

MILK

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

EGGS

- Cage-Free, Free-Range or Pasture-Raised Eggs (All Varieties)
- Vital Farms Pasture-Raised Eggs
- Egg Beaters Original or Egg Whites

BUTTER

- Earth Balance Vegan Butter (All Varieties)

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

REFRIGERATED GRAB + GO

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

PROTEIN CHIPS

- Quest Protein Chips

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

PROTEIN BARS

- 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

LOCATIONS

R	UPTOWN: Carrollton at Claiborne 504.488.0536	BATON ROUGE: Highland at Kenilworth 225.767.0074	METAIRIE: W. Esplanade at Transcontinental 504.885.7005
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LAKEFRONT: Robert E. Lee at West End 504.282.3428	MARIGNY: St. Claude at Elysian Fields 504.262.8888	LG	LG: 810 Harrison Ave., N.O. 504.293.1201
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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 or Lemon

SALAD BAR

- House-Made Chicken Salad
- House-Made Chicken Pecan Cranberry Salad
- 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, Bel Gioioso Fresh Mozzarella or Fontina, Ile de France Brie Bites)
- Sargento Part Skim Ricotta

YOGURT + OTHER

- Plain Greek Yogurt 0% or 2% (Oikos, Fage or Siggis)
- Flavored Greek Yogurt (Oikos Triple Zero)
- Daisy 2% Cottage cheese
- Lifeway Kefir Plain or Natural

DAIRY ALTERNATIVES

- Coconut Milk Unsweetened, Vanilla or Original (All Varieties)
- Almond Milk Unsweetened Vanilla or Original (All Varieties)

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 or 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
- Hunts Tomato Sauce – No Salt Added
- Hunts Tomato Paste



SALAD DRESSINGS

- Hanley's Salad Dressings (All Varieties)
- Sal & Judy's Homemade Italian, Balsamic Vinaigrette or 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 Dressings

SOUPS, STOCKS + BROTHS

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

NUT BUTTERS

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

BREADS + WRAPS

- Dave's Killer Bread Powerseed OR 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 or 100% Whole Wheat Varieties

SWEETENERS + CHOCOLATE

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

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)



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)

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 Cereal
- Uncle Sam's Whole Wheat or Flaxseed Original Cereal
- McCann's Steel Cut Irish Oatmeal
- Quaker Instant Oatmeal Packet, Original
- Quaker Old-Fashioned Quaker Oats

CHIPS + CRACKERS

- 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 w/ Puffed Brown Rice or Red Rice Quinoa

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)