

Shopping List

Fruit

Apple
 Apricot
 Banana
 Berries (all types)
 Cantaloupe
 Cherries
 Dried Fruit
 Figs / Dates
 Grapefruit
 Grapes
 Guava
 Kiwi
 Mango
 Melons
 Oranges
 Papaya
 Pineapple
 Peaches
 Pears
 Raisins
 Frozen Fruits
 100% Fruit Juice, any type

Vegetables

* = Starchy Veggies
 Asparagus
 Broccoli
 Brussel Sprouts
 Cabbage
 Carrots
 Cauliflower
 Collard Greens
 Corn*
 Dark Green Lettuce
 Mushrooms
 Onions
 Peas*
 Peppers
 Potatoes with skin
 Pumpkin*
 Radishes
 Salsa
 Spinach
 Sweet Potatoes / Yams*
 Stewed tomatoes
 Tomatoes
 Tomato / Pasta Sauce
 Turnip Greens
 Vegetable Soups
 Winter Squash

Grains

For Weight Mgmt, know that a typical 1 cup serving of grains, on average, is close to 200 calories. Aim for "Whole Grain" when possible.
 Bagels
 Cereal with at least 3g fiber/serving (Wheaties)
 Granola (200 calories per ½ cup)
 Oatmeal
 Pancake
 Popcorn
 Pretzels
 Rice
 Regular Pasta
 Whole Wheat Bread
 Whole Wheat Rolls
 Waffles
 Whole Wheat Crackers
 Whole Wheat Pasta
 Wild Rice

Healthy Fats

Eat at least 1 serving of nuts each day. 1 serving of nuts is the size of a golf ball. Nuts also provide protein.

Almonds
 Mixed Nuts
 Peanuts
 Peanut Butter
 Trail Mix
 Walnuts
 Flax Seeds
 Pumpkin Seeds

Other Healthy Fats
 Avocado
 Canola Oil
 Olive Oil
 Soft tub margarine

Power Proteins

Your maximum protein needs are only 1 gram per pound can be easily met with real food. Protein helps your muscles recover. Approx 3 oz of lean meat provide 21 grams of protein. Avoid fried meats and fried seafood!

Beef

93% lean or higher ground beef
 Grass fed beef
 Bottom Round roast or steak
 Flank steak
 Lean Deli Roast Beef
 Top Sirloin steak
 Buffalo
 Venison
 Wild game meats

Fish

Salmon
 Tuna, in water – if canned
 Sushi
 Oysters, Mussels
 Shrimp
 Tilapia
 Other fish

Chicken

Chicken Breasts
 Skinless Chicken Leg / Thigh

Pork

Canadian Bacon
 Baked Ham
 Lean Deli Ham
 Tenderloin
 Pork Roast/Chops

Turkey

Turkey Breasts
 Ground Turkey (lean)
 Skinless Turkey Leg / Thigh

Eggs / Other

Egg substitutes
 Eggs / Egg Whites

Protein Powder
 Protein bars

Beans

½ cup of beans provides ~ 6 grams of protein.
 Bean soup
 Black beans
 Chickpeas
 Kidney beans
 Lentils
 Lima beans
 Northern Beans
 Pinto Beans

Dairy

Milk and yogurt also provide carbohydrate energy.
 Low fat milk
 Low sugar yogurt
 Low fat cheese
 String Cheese
 Low fat Cottage Cheese
 Other milks

Basic Staples

Keep these readily available at all time.
 Balsamic Vinegar
 BBQ sauce
 Black Pepper
 Herbs and Spices
 Hot Sauce
 Kosher Salt
 Low fat dressings
 Low fat marinades
 Low fat mayo
 Low salt Soy Sauce
 Low fat seasoning blends
 Mustard
 Sports Drinks

Other Items:
