

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:
