

GROCERY LIST

BREAD & GRAINS

100% whole wheat bread
Sprouted grain breads
Light or whole wheat english muffins
Sandwich or bagel thins
Corn or low-carb whole wheat tortillas
High-fiber wraps
Plain oats: 1 minute or old fashioned
Whole grains: brown rice, bulgar, barley, quinoa, couscous

TIPS: Look for 100% whole wheat as the first ingredient. Look for 4g of fiber per slice or 5g per 2 slices of light or diet bread. Aim for bread with less than 100 calories per slice.

DAIRY & DAIRY ALTERNATIVES

Plain non-fat greek yogurt
Kefir (yogurt like drink)
Organic low-fat milk
Enriched almond or soy milk
Cheese: feta, parmesan, mozzarella, light havarti, provolone, swiss, string cheese, or single serving packages

CRACKERS, SNACKS & ENERGY BARS

Any unsalted nuts or seeds	Energy bars
Air-popped or light popcorn	Crackers
Edamame in the pod	Hummus

TIPS: Limit crackers, pretzels, and chips to 2-3 servings per week. Always pair with protein such as hummus, cheese, or nuts. Look for energy bars with less than 200 calories and 20g of sugar and at least 3g of protein and 3g of fiber. Look for crackers with less than 130 calories and 4g or less of fat per serving.

MEAT, FISH, POULTRY & PROTEIN

Wild game
Salmon, halibut, tuna, tilapia, shrimp, catfish, scallops, or crab
Pork loin, pork chops, or pork roast
Chicken or turkey breast or thighs (no skin)
Eggs and 100% egg whites
Lean beef: sirloin, chuck, round, tenderloin, 93% lean (organic and grass fed is best)
Canned salmon or tuna (in water)
Nitrate-free, reduced sodium ham, turkey, chicken, or roast beef lunch-meat
Any type of bean, dry or canned low-sodium varieties
Tofu and tempeh

TIPS: Look for "Choice" or "Select" cuts of meat rather than "Prime". Prime cuts are fattier. Eat highly processed meat and imitation meat products like sausage, bacon, pepperoni, and hot dogs less than 1x/week.

FATS & OILS

Avocado
Olive, grapeseed, walnut, sesame, or flaxseed oil
Butter/spreads: look for products free of trans fats and partially hydrogenated oils on the ingredient list.

TIPS: Light olive oil refers to the flavor, not the calorie content. Always measure oil and butter. Even if a fat is considered healthy it's still very high in calories and portions need to be controlled.

DRESSINGS, CONDIMENTS & SAUCES

Vinegars: rice, wine, balsamic
All fresh or dried herbs and spices
Mustard
Salsa and chili sauce
Marinara sauce with no high-fructose corn syrup
Lemon and lime juice
Bottled minced garlic and ginger
Low-sodium soy sauce

TIPS: Look for products free of MSG, added colors, and high fructose corn syrup. Look for sauces under 50 calories per serving. Avoid cream based sauces and dressings like ranch, bleu cheese, and alfredo.

FROZEN FOODS

All vegetables without sauce
All fruit
Grains and grain medleys

ALL FRUITS AND VEGETABLES, fresh and frozen, are great choices and since every meal has one or both, you're shopping cart should reflect this.