

# GROCERY SHOPPING LIST

## FRUITS

(serving size: ½ cup – 1 cup)

Apples  
Pineapple  
Melons  
Blackberries  
Grapes  
Plums  
Tangerines  
Blueberries  
Mango  
Kiwi  
Strawberries  
Oranges  
Peaches  
Papaya  
Watermelon  
Cherries  
Small Banana  
Pears  
Lemons/Limes  
Apricots

## FATS

(healthy fats – good for all meals)

Avocado  
Cheddar Cheese  
Cottage Cheese  
Unsweetened Almond Milk  
Nuts & Seeds  
Canola Oil  
Olive Oil  
Mozzarella Cheese  
Swiss Cheese  
Chia seed  
Walnut Oil  
Natural Nut Butters  
Feta Cheese  
Olive  
Coconut Oil  
Coconut Milk  
Flaxseed  
Goat Cheese  
Plain Greek Yogurt

(no limit on vegetables)

## VEGETABLES

Spinach	Artichokes	Fennel	Spring Mix	Collards
Asparagus	Bok Choy	Green Beans	Radishes	Sprouts
Endive	Turnips	Iceberg Lettuce	Turnip	Arugula
Zucchini	Celery	Mushrooms	Swiss Chard	Kale
Hearts of Palm	Cabbage	Cucumbers	Watercress	Water Chestnuts
Onions	Artichokes	Cauliflower	Carrots	Fennel
Peppers	Squash	Okra	Beets	Wheatgrass
Alfalfa Sprouts	Tomatoes	Chili Peppers	Shallots	
Butternut Squash	Eggplant	Peas	Mustard Greens	
Chicory	Broccoli	Brussel Sprouts	Romaine Lettuce	

# PROTEIN

## Breakfast

Whole Eggs  
Lox & Nova  
Protein Bar  
Egg Whites  
Turkey Bacon  
Chicken  
Plain Greek Yogurt  
Deli Slices  
Turkey Sausage  
Plain Cottage Cheese  
Whey Protein Powder

## Lunch & Dinner Protein Ideas

Chicken Breast      Buffalo  
Ground Chicken    Egg Beaters  
Low Sodium Ham    Liquid Egg Whites  
Sea Bass              Deli Turkey Slices  
Tuna Fish in Water    Tilapia  
Salmon                Shrimp  
Plain Greek Yogurt    Quinoa  
Tuna                    Sardines  
Lamb                    Herring  
Venison                Filet Mignon  
Flank Steak  
Beef Sirloin  
Turkey Tenderloin  
Ground Turkey  
Corvina  
Mackerel  
Cottage Cheese  
Trout  
Veal  
Beef Tenderloin  
Shredded Lean Pork

## Snacks

Boiled Eggs      Tuna Salad  
Chicken Salad    Lox & Nova  
Whey protein shake    Nut butters  
Legume/Beans  
White string cheese  
Salmon salad  
Nuts & Seeds  
Quinoa

# GRAINS

## Breakfast

Oatmeal              Quinoa  
Sweet Potato        Brown Rice  
Beans                Ezekiel Bread  
All bran              Rye Bread  
Buckwheat            Barley  
Whole-grain Bread    Whole Grain Muffins  
Pumpnickel Bread  
Whole Grain English Muffins  
Muesli  
Low-Sugar Cereal

## Lunch & Dinner

Brown Rice      Wheat Bread  
Sweet Potato    Wheat Pasta  
Lentils            Quinoa Pasta  
Pinto Beans      Black Rice  
Quinoa            Black Lentils  
Beans  
Black Beans  
Wild Rice  
Rye Bread  
Kidney Beans