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| **Weight Loss Grocery List** | |
| **Meat** | **Details** |
| Lean cuts – bottom round, eye of round, flank steak, London broil, lean pastrami, sirloin steak, top loin and round, filet mignon  Ground beef – 90-98% lean Lean frozen burgers, meatballs  Beef jerky (less than 5 grams sugar) | 3 oz = ~25 gm protein |
| **Fish** |  |
| All fresh fish (salmon, tilapia, snapper, trout, tuna, catfish, flounder, halibut, haddock, etc. –  avoid fried fish)  All shellfish (crabs, shrimp, clams, mussels, lobster, scallops, etc.) Canned fish (tuna, salmon, sardines, etc.)  Frozen fish, shellfish | 3oz = ~18-21 gm protein |
| **Poultry** |  |
| Chicken (skinless breast, skinless thighs) Chicken meatballs, burgers, bacon, sausage Rotisserie chicken  Premade/frozen non-breaded chicken strips/breasts Turkey (skinless)  Turkey meatballs, burgers, bacon, sausage  Ground chicken or turkey – 90-98% lean | 3 oz = ~25 gm protein |
| **Deli Meats and cheese** |  |
| Turkey, chicken, roast beef, ham (avoid sugar-cured, maple-cured, honey baked) Low fat cheese  You may ask for least processed, lowest sodium products | 3 oz = ~15-21 gm protein |
| **Pork** |  |
| Ham, Canadian bacon, pork chop, pork roast, any cuts from the loin | 3 oz = ~25 gm  protein |
| **Other Meats** |  |
| Veal chop, leg, top round Lamb center cut, chop, loin  Game meats – buffalo, venison, elk | 3 oz = ~25 gm protein |
| **Dairy – All should be FAT FREE or REDUCED FAT** |  |
| Fat free or reduced fat cheeses (string cheese, cheddar, Swiss, blue cheese, feta, goat, mozzarella, Laughing Cow light wedges, Baby Bell, etc.)  Fat free or reduced fat sour cream, cottage cheese, cream cheese  Fat free or reduced fat Greek or Regular yogurt w/ less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.) | Can vary from 6-22 grams per serving |
| **Eggs** |  |
| Fresh eggs (can use yolks/yellow) Egg beaters  Boiled eggs  Frozen/ready to eat eggs without starch (e.g. Jimmy Dean frittatas) | 1 egg = ~6 gm protein |
| **Meat Alternatives** |  |
| Tofu (all kinds) Tempeh  Textured Vegetable Protein (TVP) | Protein varies |

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| Soy burgers (without corn, beans, rice) Soy bacon  Soy crumbles Soy hot dogs  Soy sausage patties and links |  |
| **Non-starchy vegetables** |  |
| Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, parsley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans  Steamer, frozen veggies  Zucchini noodles Spaghetti squash | This is not a complete list of non-starchy vegetables  Avoid potatoes, sweet potatoes, corn, peas,  and beans |
| **Fruit** |  |
| All fruit (up to 3 servings per day; 1 serving = ½ cup to 1 cup or small whole fruit) Unsweetened applesauce  Canned or packaged fruit in own juice (less than 15 grams sugar per serving)  (*Note: pair fruit with a protein for a snack to prevent blood sugar spikes*) |  |
| **Drinks** |  |
| Unsweetened almond milk Unsweetened soy milk Unsweetened cashew milk Fat free half and half  Fat free or 1% milk  Sugar free, low fat creamers Flavored water (no sugar)  Sugar free mixes like Crystal Light, Mio, Propel, True Lemon, store brand sugar free mix) Diet, caffeine free iced/hot tea  Powerade Zero, Vitamin Water Zero Oceanspray Sugar Free juices  Diet V8 Splash Diet Lemonade Sobe Lifewater Bai waters  Decaf or herbal teas  Decaf coffee (after 3 weeks)  Regular coffee (after 1 month, does not count toward fluid goals) Note: there are no sugar free Gatorade products | This is not a complete list  Any sugar free, non- carbonated, caffeine free drinks will go towards 64 ounces fluid goal |
| **Protein Products** |  |
| Ready-made protein shakes: Muscle Milk, Unjury, Atkins AdvantEdge High Protein Protein powders: Unjury, Nectar, Body Fortress, Dymatize ISO 100, Isopure, Chike Protein bars: Quest, Oh Yeah! One Bar, Fit Joy, Pure Protein, Power Crunch Protein waters: Protein 2-0, Premier Clear, Dymatize ISO 100 Clear, Isopure | Look for products with “isolate” as the first  ingredient |

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| **Condiments** |  |
| All fresh and dried herbs (basil, thyme, rosemary, sage, garlic powder, etc.)  Low fat, low sugar dressings (Walden Farms, Primal Kitchen, Simple Girl products) Low fat/lite mayo  Sugar free ketchup, BBQ sauce, honey mustard, cocktail sauce Extracts (vanilla, almond, etc.)  Mustard (Dijon, yellow, brown, etc.) I Can’t Believe it’s not Butter Spray Mrs. Dash  Steak sauce (1/2 tbsp) Worcestershire sauce (1 tbsp) Sriracha sauce  Soy sauce, reduced sodium Vinegar (all kinds)  Salsa (check label for added sugar) Sugar free jelly  Sugar free syrups, sugar free honey All spray oils (e.g. Pam)  PB2 (peanut butter aisle) | Should be low fat and low sugar/sugar- free  Limit ALL oils to 2 tablespoons per day |
| **Sweets** |  |
| Sugar free hard candy Sugar free chocolate syrup  Sugar free cool whip/whipped topping PB2 (peanut butter aisle)  Chocolate powder with no sugar added Sugar free fudgsicles and popsicles Sugar free pudding and jell-o  Halo Top, Enlightened, Arctic Zero ice creams | All sweets should be sugar-free |
| **Pre-made Foods/other foods** |  |
| Atkins Meals Bagged tuna Sugar free jello  Miracle Noodles/Shirataki noodles (in produce/tofu section)  Fast food – salads w/ dressing on side, sandwich without bun, grilled chicken nuggets Premade chicken or tuna salad w/ lite mayo  Premade salads at deli counter (some may be high in fat)  Rotisserie chicken |  |

