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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 mignonGround beef – 90-98% lean Lean frozen burgers, meatballsBeef 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 chickenPremade/frozen non-breaded chicken strips/breasts Turkey (skinless)Turkey meatballs, burgers, bacon, sausageGround 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 cheeseYou 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 gmprotein |
| **Other Meats** |  |
| Veal chop, leg, top round Lamb center cut, chop, loinGame 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 cheeseFat 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 beatersBoiled eggsFrozen/ready to eat eggs without starch (e.g. Jimmy Dean frittatas) | 1 egg = ~6 gm protein |
| **Meat Alternatives** |  |
| Tofu (all kinds) TempehTextured Vegetable Protein (TVP) | Protein varies |

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| Soy burgers (without corn, beans, rice) Soy baconSoy crumbles Soy hot dogsSoy 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 beansSteamer, frozen veggiesZucchini noodles Spaghetti squash | This is not a complete list of non-starchy vegetablesAvoid 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 applesauceCanned 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 halfFat free or 1% milkSugar 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 teaPowerade Zero, Vitamin Water Zero Oceanspray Sugar Free juicesDiet V8 Splash Diet Lemonade Sobe Lifewater Bai watersDecaf or herbal teasDecaf 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 listAny 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 firstingredient |

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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 mayoSugar 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. DashSteak sauce (1/2 tbsp) Worcestershire sauce (1 tbsp) Sriracha sauceSoy sauce, reduced sodium Vinegar (all kinds)Salsa (check label for added sugar) Sugar free jellySugar free syrups, sugar free honey All spray oils (e.g. Pam)PB2 (peanut butter aisle) | Should be low fat and low sugar/sugar- freeLimit ALL oils to 2 tablespoons per day |
| **Sweets** |  |
| Sugar free hard candy Sugar free chocolate syrupSugar 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-oHalo Top, Enlightened, Arctic Zero ice creams | All sweets should be sugar-free |
| **Pre-made Foods/other foods** |  |
| Atkins Meals Bagged tuna Sugar free jelloMiracle 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 mayoPremade salads at deli counter (some may be high in fat)Rotisserie chicken |  |

