



GROCERY LIST

STARCHES

Whole grain bread
Whole grain Pasta
Brown Rice
Red potatoes
Yam/Sweet potatoes
Rice/corn cakes/Ak mak
Corn/Peas/legumes
Fall squash

DAIRY

1% or non fat milk
Soy milk – unsweetened
Low sugar yogurts
Lo fat cheeses
Goat cheese
Soy cheeses
Rice/Almond milk

PROTEIN

Boneless/skinless chicken breast
Boneless/skinless turkey breast
Tuna, halibut, salmon, cod, tilapia
Orange roughy, mackerel, mahi mahi
Shrimp/Clams/Oysters/Mussels
Eggs/egg whites/egg beaters
Extra lean cuts pork/beef 1 x per week
Tofu/Tempeh/Miso

FRUITS

Citrus fruits
Apples/pears
Mangos/papaya
Berries
Melons
Figs/Prunes/Raisins
Peaches/nectarines/apricots

VEGETABLES

Carrots/beets
Cabbage/napa/bok choy
Broccoli/cauliflower
Spinach/lettuce/kale/greens
Peppers/tomatoes
Green beans/asparagus
Radishes/Celery/Onion
Cucumber/zucchini/summer squash

FATS

Olive oil
Enova oil
Raw nuts/seeds
Nut butters no sugar+
Avocado
Lite coconut milk