

Your 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

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, rhubarb, 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) <i>(Note: pair fruit with a protein for a snack to prevent blood sugar spikes)</i>	
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

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		

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