

# Grocery List (Approved Foods)

## Lean Sources of Protein

*Remember portion control for protein: the size of your palm (about 4 ounces.)*

Whole eggs

Hard boiled eggs

100% Egg whites in a container

Skinless chicken breast or grilled chicken breast strips (for salads)

Turkey breast

Salmon (fresh or frozen but preferably wild if you can find it)

Canned tuna in water drained (personal fav and easy)

Cod

Flounder

Halibut

Haddock

Tilapia

Shrimp

Low sodium turkey (cold cuts)

Low sodium ham (cold cuts)

90-97% lean ground beef

90-97% lean ground turkey

90-97% lean ground chicken

Lean steaks like sirloin, top round, flank, filet mignon or London broil

Bacon (nitrate free)

Turkey bacon (nitrate free)

0-2% Greek plain yogurt

0-2% Cottage cheese

Protein bar (the Pure protein bar, Quest bar or the Atkins protein bar)

Protein shakes (premier protein shakes found at most stores, CVS or amazon)

Whey protein powder (any flavor/ brand will do but Premier or Quest are great)

### Extra Sources of protein for vegetarians:

Tofu, lentils, beans, tempeh, veggie bacon, veggie sausages, veggie burgers, veggie chicken nuggets, veggie protein shakes, bars or protein powder by a company called VEGA or ORGAIN.

## **Smart Carbs**

*Remember portion control for carbs: the size of your cupped hand.*

Steel Cut Oats

100% Natural oatmeal

Brown rice (note: other forms of rice are “ok” as long as you observe portion control but try to avoid white rice)

Ezekiel bread

Low calorie or “light” bread

Small sweet potato or yam

Squash

Quinoa

Flax Meal

Cauliflower rice (frozen section)

Low carb tortillas or whole wheat wraps

## **Fruits (also under the carb family)**

*Note: Don't eat fruit alone. Eat it with a friend LOL - jk but seriously...*

*Try to have fruit along with a source of protein and*

*try to have fruit only at breakfast or AFTER your workout.*

*Why? These are the two times your blood sugar is lowest so this is the most beneficial time to have fructose.*

*Mix fruit in with your favorite protein shake, have along with your favorite “ready-to-go” protein shake, have it along with your breakfast egg whites, along with a protein bar, on top of 0-2% Greek yogurt or 0-2% Cottage cheese or at minimum along with a handful of nuts.*

Mixed berries

Strawberries

Blueberries

Raspberries

Grapefruit

Apples or Oranges

Bananas (limit to eating 1/3 to 1/2 and useful in protein shakes)

## Veggies

*Remember portion control for veggies: the size of your clenched fist.*

Fresh or frozen is fine. Steamfresh found in the frozen section makes things really easy to “green up” your plate!

Spinach

Broccoli

Cauliflower

Green Peppers

Red Peppers

Hot peppers

Cucumber

Red onion

White onion

Lettuce

Mushrooms

Asparagus

## **Healthy Fats**

*Remember portion control for fats: the size of your thumb.*

*Olive oil*

*PAM olive oil spray*

*Coconut oil*

*PAM coconut oil spray*

*Avocado*

*Walnuts*

*Pecans*

*Cashews*

*Almonds*

*Almond butter*

*All natural peanut butter (only ingredients should be salt and peanuts)*

*Flax oil*

## **Drinks**

*Water (slice up lime or lemon and fill your Brita with water and lemon or lime)*

*Black coffee*

*Tea*

*Club Soda and/or Seltzer*

*Gatorade ZERO*

*Diet iced tea (limit to one per day)*

*Diet soda (limit to one per day)*

*Unsweetened almond milk (if you blend your own protein shakes)*

## **Other**

*No sugar 10 calorie jello or Low calorie (60 calorie chocolate pudding)*

*Light balsamic dressing (for salads)*

*Flavor extracts*

*Garlic*

*PB2*

*Cinnamon*

*Mrs. Dash spices*

*Franks hot sauce or Avocado hot sauce*

*Sugar-free low calorie breakfast maple syrup*

*Stevia or Truvia*

*lemons and limes*

*Creamer for coffee or tea*

## **Alcohol**

*Note: Alcohol will take away from the amount of calories you can eat. I would strongly consider limiting alcohol consumption to 3 alcoholic beverages per week if you want to see faster fat loss.*

*If you are going to have alcohol like margaritas or mixed drinks please purchase “sugar free margarita” mixes from Amazon which will save you tons of extra sugar and calories. Baja bobs and Skinny mixes are 2 good options to buy.*

1 shot = 1.5 ounces of alcohol = about 100 calories

1 glass of wine is 5 ounces = about 120-150 calories



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## Quick Protein Run

Egg whites in a container

Skinless chicken breast

Grilled chicken breast strips (for salads)

90-97% lean ground beef or turkey

Salmon or Halibut

0-2% Greek yogurt (big container) unless you are traveling with it

Premier protein shakes (purchase on amazon if the store doesn't have it)

Pure protein, Quest or Atkins advantage protein bars (or get on Amazon)

## Quick Carb Run

Light Bread (about 45 calories per serving)

Microwavable pre-wrapped sweet potatoes

Frozen section brown or wild rice

Frozen section cauliflower rice (much lower in carbs than regular rice)

## **Quick Fruit Run**

Blueberries  
Strawberries  
Bananas

## **Quick Veggie Run**

Frozen asparagus  
Frozen broccoli  
Lettuce  
Cucumbers  
Small cherry tomatoes

## **Quick Healthy Fats Run**

PAM olive oil spray  
Almonds  
All natural peanut butter

## **Quick Drinks and “Other Stuff” Run**

Water bottles  
Coffee

Tea

Seltzer

Diet iced tea

Gatorade ZERO

lemons and/or limes



