



HEALTHY SHOPPING LIST

Carbohydrate Choices

¼ cup uncooked starch=1 serving

- Brown rice
- Sweet potato (3.5 oz=1 serving)
- Barley
- Wheatberries
- Farro
- Oats/oatbran
- Quinoa
- Ezekial Bread, Ezekial English muffins or Ezekial wraps
- Rice cakes (3=1 serving)
- Beans (1/2 C=1 serving)
- Squash (kabocha, spaghetti, butternut, acorn, pumpkin)
- Brown Rice pasta
- Whole wheat cous cous
- 1 serving whole grain cereal

Protein Choices

- Chicken breast
- 98% lean ground turkey
- 93/7 lean ground beef
- White tuna packed in water
- Egg whites
- White fish (tilapia, cod, haddock, scallops, shrimp)
- Tofu (2x a week only)
- Greek yogurt PLAIN. Limit 1x per day
- Cottage cheese (fat free or 1%)

Vegetable Choices (really anything goes!)

- Broccoli
- Green beans/snap peas
- Asparagus
- Yellow Squash
- Greens (kale, mustard greens, collard, romaine lettuce, arugula)
- Bok Choy
- Celery
- Mushrooms
- Sprouts
- Cauliflower
- Brussels sprouts
- Bok Choy
- Peppers

Fruits (NOT dried)

- Berries
- Citrus fruits
- Pineapple
- Honeydew/melon
- Stone fruits (plums, peaches, nectarines)
- Grapes
- Apples, pears
- Cherries
- Banana (limit to 1 serving a day)
- Mango
- Kiwi

Condiments

- Rice wine vinegar
- Balsamic vinegar
- Spicy or Dijon mustard
- Soy sauce (low sodium)
- Salsa (under 100mg sodium)
- All spices (not including salt)
- Hot sauce (limit due to sodium)
- Tomato paste
- Goat cheese (1x a day)

Healthy Fats

- Olive oil
- Flax seed/flaxseed oil, udo's oil
- Almond or walnut oil
- Avocado
- Raw almonds, cashews (limit)
- Tahini paste (ground sesame seeds)
- Coconut oil
- Sunflower/pumpkin seeds (limit)
- Salmon

Other

- Tea
- Raw honey (sparingly)
- Sugar free syrup (sparingly)
- Sugar free jelly (1x a day)
- Coffee (2x a day with little milk or black)
- Unsweetened almond milk
- Unsweetened cocoa powder
- Hummus (1x per day)