

# GROCERY LIST

## Protein Foods

Number of Servings of Protein: \_\_\_/day

**1 serving= 7 g Protein**

Lean Meats	Medium Fat Meats	Plant Based Proteins
<input type="checkbox"/> Beef (tenderloin, pot roast, steak, ground) <input type="checkbox"/> Pork (chop, tenderloin) <input type="checkbox"/> Chicken, skinless <input type="checkbox"/> Turkey (roasted, breast) <input type="checkbox"/> White fish (tilapia fillet, cod, flounder, haddock, halibut) <input type="checkbox"/> Trout/Salmon Tuna, canned in water <input type="checkbox"/> Shrimp	<input type="checkbox"/> Beef (patty, ground) <input type="checkbox"/> Turkey, ground <input type="checkbox"/> Chicken w/ skin <input type="checkbox"/> Turkey sausage, reduced fat  <b>Eggs, Cheese &amp; Dairy</b> <input type="checkbox"/> Milk <input type="checkbox"/> Unsweetened soy milk <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Egg <input type="checkbox"/> Greek yogurt	<input type="checkbox"/> Nut butter <input type="checkbox"/> Plant-based protein powder <input type="checkbox"/> Edamame <input type="checkbox"/> Hummus <input type="checkbox"/> Falafel <input type="checkbox"/> Tofu <input type="checkbox"/> Hemp hearts <input type="checkbox"/> Tempeh (bean cake)
1 oz	1 oz	
	8 oz 8oz 1 oz 1 oz 6 oz	1 Tbsp 1/2 scoop 1/3 cup 1/3 cup 3 patties 3oz 2 Tbsp 1/4 cup

## Fat Foods

Number of Servings of Fat: \_\_\_/day

**1 serving= 5 g Fat**

Monosaturated Fat	Polyunsaturated Fat	Saturated Fat
<input type="checkbox"/> Olive oil, extra virgin <input type="checkbox"/> Avocado oil <input type="checkbox"/> Canola oil, expeller-pressed <input type="checkbox"/> Olives, black/green <input type="checkbox"/> Avocado <input type="checkbox"/> Nuts (almonds, peanuts, pistachios, wal-	<input type="checkbox"/> Pine nuts <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Flax seeds, ground <input type="checkbox"/> Chia seeds <input type="checkbox"/> Salad dressing, regular <input type="checkbox"/> Low fat/oil dressings <input type="checkbox"/> Mayonnaise, regular	<input type="checkbox"/> Grass fed butter <input type="checkbox"/> Coconut oil
1 tsp 1 tsp 1 tsp 8-10 large 4 tbsp 1/2-1oz	1 tbsp 1 tbsp 1 tbsp 1 tbsp 1 tbsp 2 tsp 1 tbsp 1 tsp	1 tsp 1 tsp

## Other

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Starch Foods

Number of Servings of Starchy Foods: \_\_\_/day

## Fruits

Number of Servings of Fruits: \_\_\_/day

**1 serving= 15 g Carbohydrates**

### Grains/Starches

<input type="checkbox"/> Popcorn, plain, air-popped	3 cups
<input type="checkbox"/> Quinoa	1/3 cup
<input type="checkbox"/> Rice, basmati, or jasmine	1/3 cup
<input type="checkbox"/> Brown/wild rice	1/2 cup
<input type="checkbox"/> Oatmeal	1/2 cup

### Beans/Peas/Lentils

<input type="checkbox"/> Black beans	1/2 cup
<input type="checkbox"/> Kidney beans	
<input type="checkbox"/> Lima beans	
<input type="checkbox"/> Garbanzo beans	
<input type="checkbox"/> Split peas	
<input type="checkbox"/> Black-eye peas	
<input type="checkbox"/> Lentils	

### Starchy Vegetable

<input type="checkbox"/> Corn	1/2 cup
<input type="checkbox"/> Sweet potatoes	1/2 cup
<input type="checkbox"/> White potatoes	1/2 cup
<input type="checkbox"/> Winter squash	1 cup
<input type="checkbox"/> Spaghetti squash	1 1/2 cup
<input type="checkbox"/> Green peas	1/2 cup

<input type="checkbox"/> Apples	1 small apple
<input type="checkbox"/> Berries	3/4 cups
<input type="checkbox"/> Cantaloupe	1 cup
<input type="checkbox"/> Cherries	1/2 cup
<input type="checkbox"/> Grapefruit	1/2 grapefruit
<input type="checkbox"/> Grapes	12 small grapes
<input type="checkbox"/> Kiwi	1 large kiwi
<input type="checkbox"/> Mango	1/2 mango
<input type="checkbox"/> Clementine	2 clementine
<input type="checkbox"/> Peach	1 peach
<input type="checkbox"/> Orange	1 orange
<input type="checkbox"/> Pineapple	3/4 cup
<input type="checkbox"/> Pear	1/2 pear
<input type="checkbox"/> Plum	2 small plums
<input type="checkbox"/> Watermelon	1 1/4 cups

## Vegetables

Number of Servings of Vegetables: \_\_\_/ day

**1 serving= 5 g Carbohydrates**

**Serving Size:**

**1 cup fresh, raw, uncooked vegetables**

**1/2 cup cooked, canned, bottled, frozen**

<input type="checkbox"/> Artichokes	<input type="checkbox"/> Cucumbers
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Green beans	<input type="checkbox"/> Mixed vegetables (excluding peas and corn)
<input type="checkbox"/> Beets	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Onions/Green onions/leeks
<input type="checkbox"/> Brussel sprouts	<input type="checkbox"/> Sugar snap peas
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Peppers (Red, green, yellow, orange)
<input type="checkbox"/> Carrots	<input type="checkbox"/> Radishes
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Sauerkraut
<input type="checkbox"/> Celery	<input type="checkbox"/> Spinach
<input type="checkbox"/> Greens: chard, collard, turnip, mustard greens, kale, arugula)	<input type="checkbox"/> Summer squash/zucchini
	<input type="checkbox"/> Tomato (raw or canned)