

Grocery List

Vegetables/fruit

- Fresh or frozen vegetables
- No added salt whole or diced tomatoes (e.g. Muir Glenn)
- Fresh or frozen fruit

Grains/starch (80-100 calories/serving)

- Quinoa
- Sweet potato
- Winter squash
- Steel cut or rolled oats

Milk/Cheese (100 calories)

- Plain yogurt (e.g. SideHill Farm)
- Plain Greek yogurt
- Plain kefir
- Organic milk
- Almond milk

Meat/protein (55-75 calories per ounce)

- Beans - if canned, get no added salt
- Canned tuna/salmon/sardines (low sodium)
- Tofu/tempeh
- Edamame
- All natural peanut or almond butter
- Almonds, peanuts, walnuts (raw/no added salt)
- Pumpkin/hemp/flax/sunflower seeds
- Organic/naturally/pasture raised egg whites/eggs
- Chicken/turkey/ground chicken/turkey
- Pork tenderloin
- Fish/seafood
- Lean or grass-fed red meat and hamburger

Fats

- Unrefined olive oil
- Unrefined coconut oil
- Avocado/avocado oil
- Grass-fed unsalted butter (e.g. Kerry Gold)

Flour alternatives

- Coconut flour
- Almond flour
- Oatmeal flour

Herbs/spices/vinegar

- Cumin/turmeric
- Cinnamon/nutmeg
- Chili pepper/ginger
- Cilantro/mint/parsley/thyme etc.
- Apple cider vinegar/lemon/lime
- Garlic/onions/chives/scallions etc.

Dessert/sugar

- Dark chocolate (60% or more)
- Molasses/honey/maple syrup