Grocery List

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| Veggies: | Fruits: | Meat: | Carbs/starches: |
| mushrooms | Red apples | Jennie-O 99% lean ground turkey breast (Kroger also makes this for cheaper) | 100% whole wheat pasta |
| Green beans (great price for large frozen bag @ Costco) | Figs | Laura’s 99% lean ground sirloin (Kroger also makes this for cheaper) | Fiber Gourmet pasta (lowest carbs - @ Jungle Jims or online) |
| Summer (yellow) squash | grapefruit | Sirloin tip side steak | Annie’s whole grain mac & cheese (cheat meal!) |
| cabbage | peaches | 99% lean turkey breast (Kirkland brand from Costco) | Kashi Go Lean -original or vanilla *(not go lean crunch!)* |
| cucumbers | pears | Turkey burgers (great price @ Costco for Kirkland brand) | Whole wheat pizza dough – fresh from Trader Joe’s |
| Tomato | berries | Frozen boneless skinless chicken breasts – *without rib meat* (great price @ Costco for Perdue brand) | Whole grain bread crumbs – italian or regular (only @ Remke Biggs) |
| Carrots |  |  | Flatouts 100% whole wheat (great deal @ Costco!) |
| Brussel sprouts | Seafood: | Additional protein sources: | Wheat bran |
| Asparagus | Mackeral (good source of omega-3) | Egg whites (carton or powder – cartons @ Costco for good price) | Oat bran |
| Spinach (great price for large bags @ Costco) | Herring (good source of omega-3) | Boca Burgers – original veggie | Old fashioned rolled oats (oat bran has a superior macronutrient profile though!) |
| Kale | Lake Trout (good source of omega-3) | Mori-Nu Silken lite firm tofu (try my chocolate mousse recipe) | Whole grain brown long grain rice |
| Cauliflower (try my “faux-mashed potatoes”) | Salmon (wild Alaskan/sockeye is best) | Smartlife balogna | Whole grain quinoa |
| onion | Tilapia |  | Low fat soy flour (hard to find) |
| Broccoli (great price for large organic frozen bags @ Costco) | scallops | Syrups, Peanut butter & Jelly: | Sweet potatoes |
| Bok choy | shrimp | Sugar free maple syrup | 100% whole wheat flour |
|  |  | Sugar free chocolate or strawberry syrup (Walmart or Meijer) | Black beans |
| Salad Dressings: | Toppings/Seasonings: | Walden farms 0 cal syrup - caramel or chocolate |  |
| Newman’s Own EVOO dressing (healthy fat!) | Nutritional yeast | PB2 (original or chocolate) | Miscellaneous: |
| Bragg organic Braggberry dressing | Mrs. Dash (sodium-free) seasoning(s) – Lemon pepper is great! | Better ‘n peanut butter (low sodium, original, or chocolate) | Kroger pre-packaged SF jello cubes |
| Walden farms zero calorie dressings (sesame ginger & raspberry are best!) | Reduced fat organic coconut flakes (from whole foods) | Polaner sugar free jelly w/ fiber (blackberry is great!) | Costco K-cups (great deal for Kirkland brand) |
|  |  |  | Crystal light |
|  |  |  | Zevia |
| Seeds, Nuts & Oil: | Milk, cheese, butter & alternatives: | Condiments & sauces: | Baking: |
| Pistachios | Carbmaster yogurt (any flavor – Kroger) | Bragg’s Liquid Aminos (use in place of soy sauce) | Sweetleaf Stevia - shaker bottle or packets (My favorite natural sweetener!) |
| Almonds (raw, unsalted is best) | Carbmaster vanilla milk (Kroger) | Hunts no sugar added pasta sauce (only @ Remke Biggs) | Organic Erythritol (“Organic Zero” is one example from Whole Foods) |
| Earth balance organic coconut spread (will be near organic buttery spreads) | Sugar-free coffee creamer | Muir Glen organic pasta sauce - mushroom | 100% Pure Yacon Syrup (natural sweetener. not for cooking/baking) |
| Organic virgin coconut oil – unrefined | Low fat Frigo string cheese | Frank’s Red Hot sauce – buffalo or regular (low cal but watch the sodium) | Agave nectar (increases blood sugar levels, but less-so than real sugar) |
| Extra virgin olive oil (“EVOO”) | Fat free feta cheese (good price @ Trader Joe’s) | Natural mustard | Splenda (cheaper, but not natural) |
| Peanut oil | Fage 0% fat greek yogurt | Heinz reduced sugar ketchup | Unsweetened cocoa powder (Trader Joe’s is great) |
| Chia seeds | Unsweetened vanilla almond milk | Trader Joe’s Organic Ketchup | Sugar-free pudding |
| Flax seeds | Smart Squeeze – margarine spread (@ Remke Biggs) |  | Xanthan gum |
| Sunflower seeds | Earth Balance buttery spread |  | Guar Gum |
| KIND bars (I recommend dark chocolate sea salt for it’s macronutrient profile) | Arctic Zero “ice cream” (150 cals for whole pint – cheapest at whole foods) |  | No sugar added canned crushed pineapple (great for spinach smoothies!) |
|  |  |  | Canned pure pumpkin |
|  |  |  | Reduced guilt brownies – Trader Joes (boxed) |
|  |  |  | Sugar Free Torani or Da Vinci syrups (huge variety @ Jungle Jim’s) |
|  |  |  | Capella Flavor drops (internet only) |