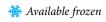
SAMPLE GROCERY LIST

Performance-based eating for weight loss starts with having the right ingredients to make flavorful, nutrientdense meals and snacks. Use this grocery list (based on Mediterranean-style eating) as your guide.

PRODUCE: Fruits and Veggies Fresh or frozen without added salt, sugar, or sauces	PROTEIN: Beans, Nuts, Fish, Poultry, Meat Fresh or frozen
Leafy greens: salad mix, romaine lettuce, spinach, kale	Rotisserie chicken
-	Skinless chicken or turkey breast
Root vegetables: potatoes (sweet, white, red-skin), carrots, onions, beets	** Lean cuts of meat: sirloin tip, top round, eye of round, tenderloin
Broccoli, cauliflower, mushrooms, bell peppers, green beans, zucchini, yellow squash, corn, peas	Lean ground beef, turkey, chicken
Tomatoes, cucumbers, eggplant Winter squash: spaghetti, acorn, butternut	♣ Fish or seafood: salmon, halibut, trout, mackerel, shrimp
Citrus: oranges, clementines, grapefruit, lemons, limes	Canned salmon or tuna
Bananas, apples, pears, grapes, kiwi	Beans: black, garbanzo (chickpea), kidney, pinto—dried or canned, low or no added salt
** Strawberries, blueberries, raspberries, peaches, pineapple, mango	Lentils: any variety—dried or canned
Dried fruit—no added sugar	Nut or seed butter: any variety—all-natural
Canned roasted red peppers, artichokes, tomatoes	Nuts: almonds, peanuts, pecans, walnuts, cashews, pistachios
	Seeds: sunflower, pumpkin, chia, ground flaxseed
Broccoli, cauliflower, zucchini—"noodles," "riced," or slaw	Tofu, tempeh, edamame
Avocado	₩ Veggie or bean burgers
	Eggs





GRAINS

100% whole-wheat bread, tortillas, wraps, pita (≥ 3 g fiber)

Brown or wild rice

Whole-wheat pasta or couscous

Quinoa, farro, barley

Old-fashioned oatmeal

Whole-grain cereal or granola (≥ 3 g fiber, low sugar)

🜞 Whole-grain waffles, pizza crust

100% whole-grain crackers (≥ 3g fiber)

Plain popcorn

DAIRY

Plain or naturally flavored Greek yogurt

Cottage cheese

Milk

Cheese: Parmesan, brie, feta, mozzarella

BEVERAGES

Seltzer or sparkling water—plain or flavored

Coffee

Unsweetened tea

CONDIMENTS, SEASONINGS, SAUCES, OILS

Oils: olive, canola, grapeseed

Olives

Herbs and spices—dried, fresh, frozen

Salsa

Hummus or other bean-based dip

Vinegars: white or red wine, balsamic, etc.

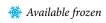
Tomato sauce, tomato paste

Mustard

Vegetable or chicken broth

Pesto

Garlic





WORKSHEET

MY GROCERY LIST

PRODUCE: Fruits and Veggies	PROTEIN: Beans, Nuts, Fish, Poultry, Meat
Fresh or frozen without added salt, sugar, or sauces	Fresh or frozen
GRAINS	DAIRY
BEVERAGES	CONDIMENTS, SEASONINGS, SAUCES, OILS