

# SAMPLE GROCERY LIST

Performance-based eating for weight loss starts with having the right ingredients to make flavorful, nutrient-dense 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*

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Leafy greens: salad mix, romaine lettuce, spinach, kale

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Root vegetables: potatoes (sweet, white, red-skin), carrots, onions, beets

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❄️ Broccoli, cauliflower, mushrooms, bell peppers, green beans, zucchini, yellow squash, corn, peas

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Tomatoes, cucumbers, eggplant Winter squash: spaghetti, acorn, butternut

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Citrus: oranges, clementines, grapefruit, lemons, limes

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Bananas, apples, pears, grapes, kiwi

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❄️ Strawberries, blueberries, raspberries, peaches, pineapple, mango

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Dried fruit—no added sugar

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Canned roasted red peppers, artichokes, tomatoes

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Broccoli, cauliflower, zucchini—“noodles,” “riced,” or slaw

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Avocado

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## **PROTEIN:** Beans, Nuts, Fish, Poultry, Meat

*Fresh or frozen*

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Rotisserie chicken

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Skinless chicken or turkey breast

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❄️ Lean cuts of meat: sirloin tip, top round, eye of round, tenderloin

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Lean ground beef, turkey, chicken

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❄️ Fish or seafood: salmon, halibut, trout, mackerel, shrimp

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Canned salmon or tuna

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Beans: black, garbanzo (chickpea), kidney, pinto—dried or canned, low or no added salt

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Lentils: any variety—dried or canned

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Nut or seed butter: any variety—all-natural

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Nuts: almonds, peanuts, pecans, walnuts, cashews, pistachios

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Seeds: sunflower, pumpkin, chia, ground flaxseed

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Tofu, tempeh, edamame

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❄️ Veggie or bean burgers

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Eggs

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❄️ *Available frozen*

**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

 Available frozen

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## WORKSHEET

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# MY GROCERY LIST

**PRODUCE:** Fruits and Veggies

*Fresh or frozen without added salt, sugar, or sauces*

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**PROTEIN:** Beans, Nuts, Fish, Poultry, Meat

*Fresh or frozen*

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**GRAINS**

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**DAIRY**

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**BEVERAGES**

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**CONDIMENTS, SEASONINGS, SAUCES, OILS**

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