

# Grocery List and Daily Servings

## PROTEIN FOODS: \_\_\_\_ oz/day

Chicken Breast  
Turkey Breast, Turkey Bacon  
Beef, Veal, Lamb, Pork Extra lean cuts  
Fish (Any type), Shellfish  
Eggs, Egg Whites, Egg Substitutes  
H.W. Protein Powder  
Tofu  
String Cheese  
Nonfat/Lowfat Cheese  
Nonfat/Lowfat Cottage Cheese  
Nonfat Plain Yogurt  
Nonfat Milk  
Soy Milk  
Healthy Way Peanut Butter

## Vegetables: unlimited

Artichokes  
Arugula  
Baby Greens  
Bamboo Shoots  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Chicory  
Chives  
Collard Greens  
Cucumbers  
Eggplant  
Endive  
Escarole  
Fennel  
Grlic  
Greens  
Hearts of Palm  
Jicama  
Kale  
Kohlrabi  
Lettuce  
Leeks  
Mushrooms  
Okra  
Onions  
Parsley  
Peppers  
Radishes  
Radicchio  
Rhubarb  
Snow Peas  
Spinach  
Sprouts

String Beans  
Summer Squash  
Tomatoes  
Turnips and turnip Greens  
Water Chestnuts  
Watercress  
Zucchini

## STARCHES \_\_\_\_ servings/day

### CRACKERS

Bran Crisp, Finn Crisp, Kavli Crisp  
Kavli Crisp, Kavli Multi Grain, Ryvita  
*GLUTEN-FREE:* Raw sprouted  
Crackers, Mary's Crackers, Flax Crackers

## UNPROCESSED WHOLE GRAINS:

Barley, Bulgur, Cream of Rye, Wheat, or  
Bran, Oat Bran, Oatmeal (steel cut)  
Whole Grain Pastas (wheat, spelt, kamut)  
*GLUTEN-FREE:* Amaranth, Quinoa,  
Teff, Millet, Buckwheat, Grown Rice,  
Oatmeal, Pasta (brown rice, quinoa)

## STARCHY VEGETABLES

Sweet Potato, Winter squash

## BEANS AND LEGUMES

Black, Kidney, pinto, Black Eyed Peas  
Garbanzo, Navy, White, Soybeans  
Lentils

## BREADS:

Ezekiel Bread, plain or sesame  
Ezekiel English Muffin  
Healthy Way Muffin (from mix)  
Marth's Baking Mix  
Whole Wheat Pita Pocket Bread  
Whole Wheat Tortilla, fat free  
100% Rye or Pumpernickel  
*GLUTEN-FREE:* Bread,  
Brown Rice Tortilla

## CEREALS:

Ezekiel Cereal  
Kashi Sugar-free Cereal  
Shredded Wheat

## FRUITS: \_\_\_\_ servings/day

Apples	Apricots
Berries	Cranberries, <i>Unsweetened</i>
Grapefruit	Kiwi
Lemon & Lime	Nectarine
Orange	Mandarin orange
Melons	Papaya
Pear	Plum
Peach	Persimmon
Pomegranates	Tangerines
Tangelos	

## FAT \_\_\_\_ servings/day

### OIL:

Flax, Almond, Peanut, sesame,  
Olive, Safflower, Coconut

### OTHER:

Avocado, Low-fat mayonnaise,  
Lemonaise, Spectrum Buttery  
Spread, Vegannaise, Nayon-  
naise, Prepared Salad Dressings,  
Almond Milk (Unsweetened)

### NUTS:

Almonds, Walnuts, Nut Butters,  
Seeds, Chia Seeds

## OPTIONAL FOODS

All Fruit Jam  
Broths  
Dill Pickles  
Fat-free Cream Cheese  
Fat-free Sour Cream  
Gelatin  
Kelp Noodles  
Natural Sweeteners  
Non-stick Cooking Spray  
Parmesan Cheese Substitute  
Protein Powder  
Soy Pasta  
Spaghetti Sauce, *Sugar & Fat Free*  
Sugarless gum

## SEASONINGS

## & CONDIMENTS

BBQ Sauce, *Sugar-Free*  
& *Low-Sodium*  
Bragg's Aminos  
Butter Substitute  
Catsup, , *Sugar-Free*  
& *Low-Sodium*  
Extracts  
Herbs and Spices  
Horseradish  
Liquid Smoke  
Mustard  
Tabasco  
Tomato Paste  
Vinegar