

# Grocery List For Successful Fat Loss Nutrition

## Proteins:

Chicken or Turkey, boneless and skinless  
Wild Alaskan Salmon  
Tuna  
Sardines  
Lean Red Meat (top round, sirloin, London broil)  
Lean Ground Beef, Buffalo, Chicken or Turkey  
Omega-3 or Pasture-raised Eggs  
Scallops  
Yogurt, plain  
Egg Whites  
Low-Fat Cottage Cheese

## Vegetables & Fruits:

Baby Carrots  
Baby Spinach, Triple Washed  
Bell Peppers (green, red, yellow, orange)  
Cruciferous Veggies (broccoli crowns, cauliflower, cabbage, kale)  
Cucumbers  
Mixed Frozen Vegetables  
Onions  
Apples  
Bananas  
Berries, Fresh or Frozen (cherries, raspberries, strawberries, wild blueberries, etc.)  
Dried Fruit (apricots, dates, figs, prunes)  
Oranges

## Grain & Starches:

Beans (black, chick peas, kidney, lentils)  
Old fashioned Oats  
Quinoa  
Sweet Potatoes  
Potatoes  
Rice (whole-grain variety or white rice)  
Sprouted Grain Breads, English Muffins, Wraps or Cereal (Ezekiel)

## Healthy Fats:

Coconut Oil

Coconut, shredded, unsweetened  
Dark Chocolate, 85% cacao  
Extra Virgin Olive Oil  
Guacamole  
Mixed Nuts (almonds, walnuts, pecans, cashews, pistachios, brazil, etc.)  
Natural Peanut/Almond/Cashew Butter  
Pastured Butter  
Pesto from Extra Virgin Olive Oil  
Seeds (chia, hemp, milled flax, pumpkin, sunflower)

### **Miscellaneous Items:**

Coffee  
Hummus  
Salsa  
Spices (sea salt, pepper, cinnamon, nutmeg, onion powder, garlic powder, ginger, etc.)  
Unsweetened Almond or Hemp Milk  
White/Green/Oolong/Black/Rooibos Tea

### **Get Rid/Avoid The Following Foods**

Breakfast cereals  
Toast  
Jams  
Croissants and Pastries  
Jams  
Sandwiches  
Panini's  
Jacket Potatoes  
Rice  
Pizza  
Chips