

Healthy foods list:

V1 Primary vegetables Svg=40 Cal, 1 c unless indicated	V2 Secondary vegetables & grains Svg=95 Cal, ½ c cooked (1/4 c uncooked), unless indicated	LP Lean proteins Svg=140 Cal, 3 oz cooked unless indicated	FF Fresh fruit Svg=70 Cal, 1 c unless indicated	HF Healthy fats Svg=50 Cal, 1 Tbs unless indicated
<ul style="list-style-type: none"> • Artichokes: ½ med • Asparagus: 10 lg spears • Beets: 2 med • Bok choy* • Broccoli • Brussels sprouts: 5 med • Cabbage: 3 ½ c raw • Carrots: 1 c slices or 10 baby • Cauliflower • Celery* • Collard greens* • Cucumber* • Eggplant: ½ med • Jicama • Kale* • Lettuce* • Mushrooms* • Okra • Onion • Peppers, hot • Peppers, sweet • Radishes* • Snap peas: 2 c chopped • Snow peas: 2 c chopped • Spinach* • Sprouts* • Squash • String beans – 2 c cooked • Tomatoes – 2 med or 1 c grape, cherry, etc. 	<ul style="list-style-type: none"> • Almond milk, unsweet: 2 c • Amaranth • Barley • Beans • Bread, sprouted grain: 1 slice • Bread, whole grain: 1 slice • Brown rice, wild rice • Buckwheat • Bulgur • Cereal, whole grain, low sugar • Couscous, whole grain • Crackers, whole grain: 8 sm • Edamame • Fingerling potatoes: 4 oz • Lentils • Millet • Oatmeal, old fashioned rolled • Oatmeal, steel cut • Pasta, whole grain • Potatoes: ½ med or 4 oz • Quinoa • Refried beans, nonfat • Rice milk: ¾ c • Sweet potato, yams: ½ c or 4 oz 	<ul style="list-style-type: none"> • Chicken breast, boneless skinless • Clams, drained: 1 c • Cottage cheese, 1%: 1 c • Eggs, lg: 2, or 6 egg whites • Fish, fresh water: 4 oz cooked (catfish, tilapia, trout) • Fish, cold water (cod, salmon, halibut, tuna) • Game (buffalo, bison, ostrich, venison), lean (95%) • Greek yogurt, plain, 2% fat: ¾ c • Greek yogurt, plain, nonfat: 1 c • Ground beef, lean (95%) • Ground chicken, lean • Ground turkey, lean • Ham slices, lean low sodium, nitrate-free: 4 oz • Pork tenderloin • Protein powder (whey, rice, pea): 1 scoop, 3 T, or 21g • Red meat, extra lean • Ricotta cheese, part skim: ½ c • Roast beef deli meat, nitrate-free: 4 oz • Sardines: 6 med • Shellfish (crab, shrimp, lobster): 4 oz cooked • Tuna, light, packed in water, drained: ½ c • Turkey bacon, nitrate-free: 4 slices • Turkey breast, boneless skinless • Turkey deli meat, nitrate-free: 4 oz 	<ul style="list-style-type: none"> • Apple: 1 sm or 1 c sliced • Apricots: 4 sm • Banana: ½ lg • Blackberries • Blueberries: ¾ c • Cantaloupe • Cherries: ¾ c • Figs: 2 sm • Grapefruit: ½ lg or 1 sm • Grapefruit sections: ¾ c • Grapes • Honeydew melon • Kiwifruit: 2 med • Mango: ¾ c sliced • Nectarine: 1 lg or 1 c sliced • Orange: 1 med • Orange sections: ¾ c • Papaya • Peach: 1 lg or 1 c slices • Pear: 1 sm or ¾ c sliced • Pineapple • Raspberries • Strawberries • Tangerine: 2 sm • Watermelon 	<ul style="list-style-type: none"> • Avocado: 2 T mashed, or ¼ med • Avocado oil: 1 tsp • Cheese (cheddar, provolone, jack, feta, goat, mozzarella) • Cheese (Parmesan): 2 T, shreds or crumbles • Coconut (unsweetened) • Coconut milk, canned: 2 T • Coconut oil: 1 tsp • Flaxseed oil: 1 tsp • Flaxseed, ground • Hummus • Nuts, raw: 6 almonds 4 cashews 7 peanuts 10 pistachios 5 pecan halves 4 walnut halves • Nut butters: 1 ½ tsp • Olive oil, extra virgin: 1 tsp • Olives: 5 med • Seed butters: 1 ½ tsp • Seeds, raw: 1 T • Walnut oil: 1 tsp

\$Opt for the least-processed options for daily choices. Choose lower-glycemic foods more often than not, and allow products such as crackers, cereal, and pasta on a limited basis only.

*Unlimited.

Week:..... Budget:.....

EAT

Grocery list

Item

Item

Item

Produce:

Spices/Seasonings:

Dairy:

Dried Goods:

Frozen Items:

Meats/Deli:

Oils:

Canned Goods:

Miscellaneous:

Sauces/Condiments:

Beverages: