

Grocery Guide

Shopping tips:

- 1. Shop the perimeter of the store.** Typically, the perimeter of the store is where you'll find the best food for your challenge - fresh vegetables, fruits, and lean meats. Along the aisles in the center of the store is where you'll find the more processed and packaged foods. Stock up your cart with fresh, healthy options to help you stay on track.
- 2. Plan before you go.** Make sure to have your grocery guide with you and think about shopping for enough food to last a few days. Think of creative ways of combining different ingredients and using leftovers so you'll be prepared at all times.
- 3. Vegetables and fruits: Choose fresh over canned.** Many canned vegetables and fruits are loaded with salt or sugar - choose fresh whenever possible or frozen (but be sure to check for any additives like butter or sauces).
- 4. These are simply suggestions, not the only foods you're "allowed".** Get creative and explore new fresh, healthy, and colorful foods!

PROTEINS

- Chicken Breast
 - Eggs
 - Game Meat (Bison, buffalo, etc.)
 - Lean Ground Beef or Turkey (≥ 93% lean)
 - Lean Fish (tilapia, salmon, red snapper, cod, etc.)
 - Tofu
 - Tuna (fresh or packed in water)
 - Turkey Breast
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HEALTHY FATS

- Avocado
 - Nut butter (no added sugar, oil or salt)
 - Nuts or seeds (no added sugar, oil or salt)
 - Oil (extra virgin olive oil, coconut oil, etc.)
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MISCELLANEOUS SNACKS

- Hummus
 - Edamame
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VEGETABLES

- Asparagus
 - Broccoli
 - Brussels Sprouts
 - Cauliflower
 - Celery
 - Cucumber
 - Dark Leafy Greens (Spinach, kale, etc.)
 - Eggplant
 - Green Beans
 - Onion
 - Peppers
 - Salad Greens (Spring mix, romaine, etc.)
 - Tomato
 - Zucchini/Squash
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DAIRY/NONDAIRY ALTERNATIVES

- Plain yogurt (nonfat or low fat)
 - Low-Fat cheese
 - Milk (skim or reduced fat)
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COMPLEX CARBS

- Beans
 - Lentils
 - Oatmeal
 - Quinoa
 - Potatoes (any variety)
 - Whole grains (rice, pasta or bread)
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FRUIT

- Apple
 - Banana
 - Berries (strawberries, blueberries, etc.)
 - Cantaloupe
 - Citrus Fruits (oranges, grapefruits, etc)
 - Grapes
 - Kiwi
 - Mango
 - Melon
 - Pear
 - Pineapple
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FOODS TO AVOID

- Soda (including diet)
- Alcohol
- Creamy sauces
- High-calorie salad dressings
- Added sugars

- Candy
- Fried foods
- Processed foods
- White flour
- Partially-hydrogenated oils