Grocery List for fat loss & weight maintenance

Meat & Poultry

Chicken breast
Turkey breast
Lean beef
Pork tenderloin
Lean ham
Canadian bacon
Bison, Venison
Lean Jerky

Vegetables: Non-Starchy

Salad greens, spinach, kale, lettuce
Broccoli, cauliflower, brussel sprouts
Tomatoes
Bell peppers
Mushrooms
Cucumbers
Spinach
Zucchini
Asparagus
Green beans

Vegetables: Starchy

Sweet potatoes
Squash
Plantains
Beets
Corn
Green peas

Carbs: Grains, Legumes

Oats rolled or steel-cut
Quinoa
Barley
Couscous
Brown or wild rice
Lentils
Chickpeas
Beans: black, kidney, navy
Whole grain bread, tortillas

Fat

Avocados
Nuts: walnuts, almonds
Seeds: pumpkin, chia, flax, sunflower
EVOO, avocado oil
Nut butters: PB, almond butter
Cheese: the lower fat the better

Other

Protein powder
Peanut butter powder (low fat)
Salad dressing (low/non-fat)
BBQ sauce
Salsa, hot sauce
Spices

Fish & Seafood

Cod
Halibut
Sole
Tilapia
Mahimahi
Bass
Snapper
Shrimp
Scallops
Salmon & trout: not lean but high in omega-3

Eggs & Dairy

Whole eggs
Egg whites
Yogurt: low-fat, non-fat
Skyr: low-fat
Cottage cheese: low-fat
Milk: low-fat, non-fat

Fruit: Low-Glycemic Index

Berries
Cherries
Apples
Pears
Oranges
Peaches
Plums
Grapefruits
Kiwis
Figs

Fruit: High-Glycemic Index

Pineapple
Bananas (ripe)
Dates
Grapes
Watermelon
Cantaloupe
Dried fruits

- Lots of lean, high-protein foods
- Wide variety of foods = broad range of vitamins & minerals
- Fatty meat/fish: high calorie content - eat in moderation
- Tuna: lean protein but high in mercury - eat in moderation
- Full-fat dairy has lots of health benefits but also lots of calories - eat in moderation
- Starchy veggies are dense & fibrous - great source of vitamins & minerals but high calorie content - eat in moderation
- Avoid eating high-glycemic index carbs alone (without protein/fat)
- Careful with sauces, dressings, toppings - they add lots of calories
- Avoid ultra-processed foods
- Avoid high-calorie foods