

NUTRITION PLAN

GROCERY LIST



PROTEIN:

Egg whites
Chicken breast or tenders (white meat)
Extra-lean turkey
Extra-lean beef
Fat free or low-fat cottage cheese
Tofu
Greek yogurt
White fish, shrimp or tuna

HEALTHY CARBOHYDRATES:

Oatmeal
Brown rice
Quinoa
Whole wheat bread
Ezekiel bread
Beans
Wheat or corn tortillas
Rice cakes
Potatoes
Yams
Whole wheat pasta
Corn
English peas
Edamame

FRUIT:

Apple
Banana
Berries
Cantaloupe, etc.

NOTE: Fruit is a simple carbohydrate. Pair it with a protein to have a complete meal.

VEGETABLES: To be eaten unlimited

HEALTHY FATS:

Avocado
Nuts
Nut butters
Olive oil
Coconut oil
Flax seed

TRACKING SUGAR: Keep sugar intake under 35g per day to achieve weight loss success. Do not count sugar found naturally in fruits or vegetables.