

## Your Grocery List

Meat	Details
<ul style="list-style-type: none"> <li><input type="checkbox"/> Lean cuts – bottom round, eye of round, flank steak, London broil, lean pastrami, sirloin steak, top loin and round, filet mignon</li> <li><input type="checkbox"/> Ground beef – 90-98% lean</li> <li><input type="checkbox"/> Lean frozen burgers, meatballs (watch for carb content in meatballs)</li> <li><input type="checkbox"/> Beef jerky (less than 5 grams sugar)</li> </ul>	3 oz = ~25 gm protein
<b>Fish</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> All fresh fish (salmon, tilapia, snapper, trout, tuna, catfish, flounder, halibut, haddock, etc. – avoid fried fish)</li> <li><input type="checkbox"/> All shellfish (crabs, shrimp, clams, mussels, lobster, scallops, etc.)</li> <li><input type="checkbox"/> Canned fish (tuna, salmon, sardines, etc.)</li> <li><input type="checkbox"/> Frozen fish, shellfish</li> </ul>	3oz = ~18-21 gm protein
<b>Poultry</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken (skinless breast, skinless thighs)</li> <li><input type="checkbox"/> Chicken meatballs, burgers, bacon, sausage</li> <li><input type="checkbox"/> Rotisserie chicken</li> <li><input type="checkbox"/> Premade/frozen non-breaded chicken strips/breasts</li> <li><input type="checkbox"/> Turkey (skinless)</li> <li><input type="checkbox"/> Turkey meatballs, burgers, bacon, sausage</li> <li><input type="checkbox"/> Ground chicken or turkey – 90-98% lean</li> </ul>	3 oz = ~25 gm protein
<b>Deli Meats and Cheese</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Turkey, chicken, roast beef, ham (avoid sugar-cured, maple-cured, honey baked)</li> <li><input type="checkbox"/> Low fat cheese</li> <li><input type="checkbox"/> You may ask for least processed, lowest sodium products</li> </ul>	3 oz = ~15-21 gm protein
<b>Pork</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Ham, Canadian bacon, pork chop, pork roast, any cuts from the loin</li> </ul>	3 oz = ~25 gm protein
<b>Other Meats</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Veal chop, leg, top round</li> <li><input type="checkbox"/> Lamb center cut, chop, loin</li> <li><input type="checkbox"/> Game meats – buffalo, venison, elk</li> </ul>	3 oz = ~25 gm protein
<b>Dairy - All should be FAT FREE or REDUCED FAT</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Fat free or reduced fat cheeses (string cheese, cheddar, Swiss, blue cheese, feta, goat, mozzarella, Laughing Cow light wedges, Baby Bell, etc.)</li> <li><input type="checkbox"/> Fat free or reduced fat sour cream, cottage cheese, cream cheese</li> </ul>	Can vary from 6-22 grams per serving

<ul style="list-style-type: none"> <li><input type="checkbox"/> Fat free or reduced fat Greek or Regular yogurt w/ less than 10 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.)</li> </ul>	
<b>Eggs</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh eggs (can use yolks/yellow)</li> <li><input type="checkbox"/> Egg beaters</li> <li><input type="checkbox"/> Boiled eggs</li> <li><input type="checkbox"/> Frozen/ready to eat eggs without starch (e.g. Jimmy Dean frittatas)</li> </ul>	1 egg = ~6 gm protein
<b>Meat Alternatives</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Tofu (all kinds)</li> <li><input type="checkbox"/> Tempeh</li> <li><input type="checkbox"/> Textured Vegetable Protein (TVP)</li> <li><input type="checkbox"/> Soy burgers (without corn, beans, rice)</li> <li><input type="checkbox"/> Soy bacon</li> <li><input type="checkbox"/> Soy crumbles</li> <li><input type="checkbox"/> Soy hot dogs</li> <li><input type="checkbox"/> Soy sausage patties and links</li> </ul>	Protein Varies
<b>Non-starchy vegetables</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, parsley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans</li> <li><input type="checkbox"/> Steamer, frozen veggies</li> <li><input type="checkbox"/> Zucchini noodles</li> <li><input type="checkbox"/> Spaghetti squash</li> </ul>	<p>This is not a complete list of non-starchy vegetables</p> <p>Avoid potatoes, sweet potatoes, corn, peas, and beans</p>
<b>Fruit</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> All fruit (up to 3 servings per day; 1 serving = 1/2 cup to 1 cup or small whole fruit)</li> <li><input type="checkbox"/> Unsweetened applesauce</li> <li><input type="checkbox"/> Canned or packaged fruit in own juice (less than 15 grams sugar per serving) <i>(Note: pair fruit with a protein for a snack to prevent blood sugar spikes)</i></li> </ul>	
<b>Drinks</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Unsweetened almond milk</li> <li><input type="checkbox"/> Unsweetened soy milk</li> <li><input type="checkbox"/> Unsweetened cashew milk</li> <li><input type="checkbox"/> Fat free or 1% milk</li> <li><input type="checkbox"/> Sugar free, low fat creamers</li> </ul>	<p>This is not a complete list</p> <p>Any sugar free, non- carbonated, caffeine free</p>

<ul style="list-style-type: none"> <li><input type="checkbox"/> Flavored water (no sugar)</li> <li><input type="checkbox"/> Sugar free mixes like Crystal Light, Mio, Propel, True Lemon, store brand sugar free mix)</li> <li><input type="checkbox"/> Diet, caffeine free iced/hot tea/herbal teas</li> <li><input type="checkbox"/> Powerade Zero, Vitamin Water Zero, G Zero</li> <li><input type="checkbox"/> Oceanspray Sugar Free juices</li> <li><input type="checkbox"/> Diet V8 Splash</li> <li><input type="checkbox"/> Diet Lemonade</li> <li><input type="checkbox"/> Sobe Lifewater, Hint Water, Bai Water</li> <li><input type="checkbox"/> Regular coffee (after 1 month; up to 16oz, does not count toward fluid goals)</li> </ul>	<p>drinks will go towards 64 ounces fluid goal</p>
<b>Condiments</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> All fresh and dried herbs (basil, thyme, rosemary, sage, garlic powder, etc.)</li> <li><input type="checkbox"/> Low fat, low sugar dressings (Walden Farms, Primal Kitchen, Simple Girl products)</li> <li><input type="checkbox"/> Low fat/lite mayo</li> <li><input type="checkbox"/> Sugar free ketchup, BBQ sauce, honey mustard, cocktail sauce</li> <li><input type="checkbox"/> Extracts (vanilla, almond, etc.)</li> <li><input type="checkbox"/> Mustard (Dijon, yellow, brown, etc.)</li> <li><input type="checkbox"/> Mrs. Dash</li> <li><input type="checkbox"/> Worcestershire sauce (1 tbsp)</li> <li><input type="checkbox"/> Sriracha sauce</li> <li><input type="checkbox"/> Soy sauce, reduced sodium</li> <li><input type="checkbox"/> Vinegar (all kinds)</li> <li><input type="checkbox"/> Salsa (check label for added sugar)</li> <li><input type="checkbox"/> Sugar free jelly/jam</li> <li><input type="checkbox"/> Sugar free syrups, sugar free honey</li> <li><input type="checkbox"/> All spray oils (e.g. Pam) (be careful not to add too much spray)</li> <li><input type="checkbox"/> PB2 (peanut butter aisle)</li> </ul>	<p>Should be low fat and low sugar/sugar-free Limit ALL oils to 2 tablespoons per day</p>
<b>Treats (serving size should be limited)</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Sugar free hard candy (be careful with portions, sugar alcohols can have a laxative effect)</li> <li><input type="checkbox"/> Sugar free chocolate syrup</li> <li><input type="checkbox"/> Sugar free cool whip/whipped topping</li> <li><input type="checkbox"/> PB2 (peanut butter aisle)</li> <li><input type="checkbox"/> Unsweetened cocoa powder</li> <li><input type="checkbox"/> Sugar free fudgesicles and popsicles</li> <li><input type="checkbox"/> Sugar free pudding and Jell-O</li> <li><input type="checkbox"/> Halo Top, Enlightened, Arctic Zero ice creams (limit to ½ cup, wait 6 months after surgery)</li> <li><input type="checkbox"/> Protein bars: Quest, Oh Yeah! One Bar, Fit Joy, Pure Protein, Power Crunch (wait 3 months after surgery)</li> </ul>	<p>All sweets should be sugar-free</p>
<b>Pre-made foods/other foods</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Atkins Meals (look for ones with more grams of protein than carbs and fat)</li> <li><input type="checkbox"/> Tuna/chicken/salmon pouches</li> </ul>	

<ul style="list-style-type: none"><li><input type="checkbox"/> Miracle Noodles/Shirataki noodles (in produce/tofu section)</li><li><input type="checkbox"/> Fast food – salads w/ dressing on side, baked sandwich without bun, grilled chicken nuggets, Premade chicken or tuna salad w/ lite mayo (see handout on fast food choices)</li><li><input type="checkbox"/> Premade salads at deli counter (some may be high in fat)</li><li><input type="checkbox"/> Rotisserie chicken</li></ul>	
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