

# Grocery List for Weight Loss

## **-FRESH PRODUCE-**

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- Spinach

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  - Kale

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  - Arugula

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  - Mixed salad greens

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  - Broccoli

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  - Cauliflower

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  - Bell peppers (red, yellow, green)

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  - Cucumbers

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  - Tomatoes

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  - Carrots

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  - Zucchini

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  - Celery

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  - Onions

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# Grocery List for Weight Loss

## **-FRESH PRODUCE-**

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Garlic

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Avocados

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Berries (strawberries, blueberries, raspberries)

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Apples

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Oranges

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Lemons

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Bananas

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# Grocery List for Weight Loss

## -LEAN PROTEINS-

- Skinless chicken breast
- Turkey breast
- Lean cuts of beef (sirloin, tenderloin)
- Pork tenderloin
- Salmon
- Tilapia
- Cod
- Tuna (fresh or canned in water)
- Shrimp
- Eggs
- Low-fat Greek yogurt
- Cottage cheese
- Tofu

# Grocery List for Weight Loss

## **-LEAN PROTEINS-**

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Tempeh

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Lentils

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Black beans

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Chickpeas

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# Grocery List for Weight Loss

## -WHOLE GRAINS-

- Quinoa
- Brown rice
- Whole wheat pasta
- Oats (rolled or steel-cut)
- Whole grain bread (choose varieties w/ high fiber)
- Barley
- Bulgur
- Farro
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# Grocery List for Weight Loss

## -HEALTHY FATS-

- Avocados
- Extra virgin olive oil
- Coconut oil (for cooking in moderation)
- Nuts (almonds, walnuts, pistachios, etc.)
- Seeds (chia seeds, flaxseeds, pumpkin seeds, etc.)
- Natural nut butter (almond butter, peanut butter)
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# Grocery List for Weight Loss

## -DAIRY & ALTERNATIVES-

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Skim milk or unsweetened almond milk

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Low-fat or fat-free Greek yogurt

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Cottage cheese (low-fat)

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Reduced-fat cheese (mozzarella, feta, etc.)

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# Grocery List for Weight Loss

## **-BEVERAGES-**

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Water (still and sparkling)

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Herbal teas (green tea, chamomile, peppermint, etc.)

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# Grocery List for Weight Loss

## -CONDIMENTS & SPICES-

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Herbs & spices (basil, oregano, cinnamon, turmeric, etc.)

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Low-sodium soy sauce or tamari

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Dijon mustard

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Balsamic vinegar

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Hot sauce (without added sugar)

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Salsa (check for low sodium and no added sugars)

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# Grocery List for Weight Loss

## - SNACKS + EXTRAS -

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Dark chocolate (70% cocoa or higher)

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Air-popped popcorn

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Rice cakes

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Hummus

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Fresh fruit (grapes, kiwi, etc.)

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