



# **GROCERY LIST AND MEAL PLANNING GUIDE**

# Protein

Prioritize fresh, lean, minimally processed sources of protein.



EAT MORE	EAT SOME	EAT LESS
<ul style="list-style-type: none"> <li>Eggs and egg whites</li> <li>Fish</li> <li>Shellfish</li> <li>Chicken breast</li> <li>Lamb</li> <li>Duck breast</li> <li>Turkey</li> <li>Lean beef</li> <li>Bison</li> <li>Lean pork</li> <li>Wild game</li> <li>Plain Greek yoghurt</li> <li>Tempeh</li> <li>Tofu</li> <li>Cultured cottage cheese</li> <li>Lentils and beans</li> </ul>	<ul style="list-style-type: none"> <li>Lamb</li> <li>Bacon</li> <li>Medium lean meats</li> <li>Edamame</li> <li>Meat jerky</li> <li>Minimally processed deli meats</li> <li>Low fat sausages</li> <li>Protein powder</li> <li>High protein yoghurts</li> <li>Protein bars</li> </ul>	<ul style="list-style-type: none"> <li>Fried meats</li> <li>Chicken fingers/nuggets</li> <li>High fat meat</li> <li>High fat sausages</li> <li>Processed soy (plant meats)</li> <li>Highly processed deli meats</li> </ul>

PROTEIN



Focus on whole, minimally processed sources of carbs that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.



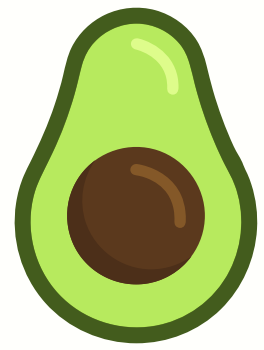
# Carbohydrates

EAT MORE	EAT SOME	EAT LESS
<ul style="list-style-type: none"> <li>• Beans</li> <li>• Rolled oats</li> <li>• Buckwheat</li> <li>• Lentils</li> <li>• Quinoa</li> <li>• Rice</li> <li>• Potatoes</li> <li>• Sorghum</li> <li>• Millet</li> <li>• Plain, non-Greek yoghurt</li> <li>• Fresh and frozen fruit</li> <li>• Sweet potatoes</li> <li>• Whole or sprouted grain breads, muffins, pastas and wraps</li> </ul>	<ul style="list-style-type: none"> <li>• Corn</li> <li>• Couscous</li> <li>• Instant oats</li> <li>• Milk</li> <li>• Vegetable juices</li> <li>• Flavored yoghurts</li> <li>• Pancakes and waffles</li> <li>• Whole grain crackers</li> <li>• Oat based granola bars</li> <li>• White bagels, breads, english muffins, pasta and wraps</li> <li>• Sugar free soda</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal bars</li> <li>• Fruit juices</li> <li>• Flavored milk</li> <li>• Honey and syrups</li> <li>• Canned, dried and pureed fruit w/ added sugar</li> <li>• Sugar based soda</li> <li>• Crackers</li> <li>• Sugar</li> <li>• Pretzels</li> <li>• Foods with 10+g added sugar</li> </ul>
<b>FRUIT (MORE AND SOME)</b> <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Apples</li> <li>• Bananas</li> <li>• Mango</li> <li>• Pineapple</li> <li>• Kiwifruit</li> <li>• Oranges</li> <li>• Melons</li> <li>• Pears</li> <li>• Lemons</li> <li>• Nectarines</li> <li>• Cherries</li> <li>• Apricots</li> <li>• Strawberries</li> <li>• Papaya</li> <li>• Grapefruit</li> <li>• Plums</li> <li>• Watermelon</li> </ul>		<p>These foods are also rich sources of fats so be mindful of both carb and fat content:</p> <ul style="list-style-type: none"> <li>• Chips</li> <li>• Fries</li> <li>• Candy bars</li> <li>• Donuts</li> <li>• Cookies</li> <li>• Pastries</li> <li>• Muffins</li> <li>• Cakes</li> </ul>

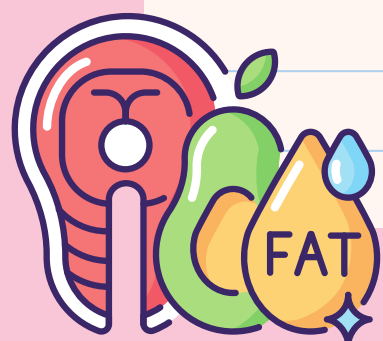


# Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters) and pressed oils (like olive and avocado)



EAT MORE	EAT SOME	EAT LESS
• Extra virgin olive oil	• Virgin and light olive oil	• Bacon
• Walnut oil	• Butter	• Sausage
• Oil based dressings	• Ghee	• Margarine
• Avocado and oil	• High oleic safflower or sunflower oil	• Processed cheese
• Cheese >6 months	• Sesame oil	• Corn oil
• Egg yolks	• Flaxseed oil	• Sunflower oil
• Seeds: Chia, flax, hemp, pumpkin and sesame	• Coconut oil/milk	• Canola oil
• Nuts: Cashews, pistachios, almonds, brazil nuts and pecans	• Peanut oil and regular peanut butter	• Soybean oil
• Peanuts and natural peanut butter	• Dark chocolate	• Safflower oil
• Olives	• Low sugar marinades and dressings	• Hydronated or shortening oils
• Pesto made w/ olive oil	• Cream	• Fat rich foods with 10+ g added sugar
• Fresh coconut	• Cheese <6 months	
• Natural nut butters	• Flavored nuts and nut butters	
	• Trail mix (note that this high in carbs as well)	



# Vegetables



## EAT THE RAINBOW

### GREEN

- Green beans
- Broccoli
- Cucumbers
- Spinach
- Celery
- Kale
- Arugula
- Brussel sprouts
- Cabbage
- Green peppers
- Iceburg lettuce
- Romain lettuce
- Snap peas
- Asparagus
- Chinese cabbages
- Zucchini
- Artichoke
- Peas\*

### ORANGE

- Pumpkin
- Orange pepper
- Butternut squash\*
- Yellow pepper
- Carrots
- Yellow beets
- Summer squash
- Orange peppers
- Acorn squash
- Sweet potato\*
- Corn\*

### RED

- Beets\*
- Tomatoes
- Red cabbage
- Red onions
- Rhubarb
- Red peppers
- Radicchio
- Radish

### PURPLE

- Eggplant
- Purple asparagus
- Purple cauliflower
- Purple peppers
- Purple carrots
- Rutabaga\*
- Purple cabbage

### WHITE

- Cauliflower
- Mushrooms
- Garlic
- Onions
- Shallots
- White carrot
- Artichoke
- Fennel
- Leeks
- Parsnip
- Sprouts
- Potatoes\*

\*Starchy veggies, treat as carbohydrates





# Meal Planning

Consider using the **4/3 rule** when grocery shopping. This would last you well over a week if you were to cook once but made enough so you had leftovers the next day.

**When at the grocery store simply pick up:**

4 protein, 4 veggies, 4 carbohydrates, 4 fats,  
3 fruits.

**Then take an element from each category  
and build a meal from it.**

**For example:**

4 protein: Chicken, eggs, lean beef, fish.

4 Veggies: Broccoli, zucchini, spinach, carrots.

4 Carbs: Oats, rice, wholegrain bread, beans.

4 Fats: Olive oil, butter, avocado, natural  
peanut butter.

3 Fruits: Blueberries, apples, bananas.





# Meal Planning

## **Breakfast becomes:**

Salmon + wholegrain bread + butter + spinach

**or**

Eggs + oatmeal + peanut butter + grated zucchini + blueberries.

## **Lunch becomes:**

Chicken (or tofu) + rice + avocado + carrots + banana on the side.

**or**

Lean beef (or tempeh) + beans + olive oil + broccoli.

## **Dinner becomes:**

Chicken (or lentils) + zucchini + butter + rice + apple on the side.

**or**

Fish + beans + avocado + spinach.

If possible, add 2 veges instead of just 1 and then you're really winning!