

Miscellaneous

- Avocado/Guac
- BBQ sauce
- Coffee
- Sparkling water
- Juice spritzers
- Tea, decaf/herbal
- Tea, black or green
- Butter, or alternative, trans-fat free
- Chia seeds
- Chocolate, dark
- Cooking spray
- Dried fruit
  - Cherries
  - Cranberries
  - Dates
  - Prunes
  - Raisins
- Flaxseeds, ground
- Frozen meals
- Garlic
- Ginger
- Herbs and spices, fresh and dried: \_\_\_\_\_
- Ketchup
- Mayonnaise, light canola
- Mustard
- Oils
  - Flax
  - Grapeseed
  - Olive
  - Peanut
  - Safflower
  - Sesame
- Salad dressing
- Sour cream, light
- Sweeteners
  - Agave
  - Brown rice syrup
  - Honey, raw
  - Maple syrup
- Vinegars
  - balsamic
  - rice
  - apple cider
  - white
- Tupperware/baggies
- Other household items:

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Dairy  
1-2 svg/day

- Cheese, non-dairy or dairy
- Cottage cheese, low-fat
- Eggs
- Kefir, plain
- Milk (w/calcium + D)
  - Almond
  - Hemp
  - Oat
  - Soy
- Yoqurt, plain

Menu	Prep
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

## Shopping Guide

### Whole Grains 25% of plate

- Amaranth
- Bagels, whole grain/sprouted
- Barley
- Bread, whole grain/sprouted
- Brown rice
- Bulgur wheat
- Cold cereal, whole grain/high Fiber
- Corn
- Cornmeal/polenta
- Couscous, whole grain
- English muffin, whole grain/sprouted
- Flatbread, whole grain
- Kamut
- Millet
- Oatmeal
- Pasta, whole grain/quinoa
- Pita, whole grain
- Popcorn
- Potatoes, w/ skin \*
- Quinoa
- Rye
- Spelt
- Sweet potatoes, w/ skin \*
- Teff
- Tortillas, whole grain/sprouted
- Triticale
- Waffles, whole grain
- Wheat berries

\*starchy vegetable

### Proteins 25% of plate

- Beans, dried or canned:
  - Black
  - Garbanzo
  - Kidney
  - Pinto
  - Refried, low-fat
  - White/cannellini
- Lentils & Peas
- Nuts and seeds, unsalted
  - Almonds
  - Cashews
  - Hazelnuts
  - Peanuts
  - Pecans
  - Pinenuts
  - Pistachios
  - Pumpkin/pepitas
  - Sesame
  - Sunflower
  - Walnuts
- Bean/lentil soups & chili
- Edamame
- Hummus
- Nut & seed butters:
  - Almond
  - Peanut
  - Sesame
  - Sunflower
- Seitan
- Tempeh
- Tofu
- Eggs
- Veggie “meats”
- Beef, lean
- Chicken
- Fish: Fresh, frozen or canned
- Pork
- Shellfish
- Turkey

### Vegetables Unlimited (Fresh or frozen)

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Daikon radish
- Eggplant
- Green beans
- Green onions
- Hearts of palm
- Jicama
- Kale
- Kohlrabi
- Leeks
- Mushrooms
- Mustard greens
- Okra
- Onions
- Pea pods
- Peppers, all colors
- Pumpkin
- Radishes
- Rhubarb
- Salsa
- Salad greens
  - Arugula
  - Endive
  - Romaine
  - Spring Mix
  - Watercress
- Spinach
- Squash, summer + winter
- Sunchoke
- Swiss chard
- Tomatoes + grape tomatoes
- Tomatillos
- Turnips
- Water chestnuts
- Zucchini

### Fruits 2 cups per day

- Apples
- Applesauce- no sugar added
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementine
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemons/Limes
- Mango
- Nectarine
- Orange
- Papaya
- Persimmons
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Fruit cups (in own juice)