

# Grocery List

## PROTEINS

### Beef

- Arm Roast
- Chuck Roast
- Club Steak
- Filet Mignon
- Flank Steak
- Lamb Loin
- Rump Roast
- Sirloin Steak
- Ground Sirloin
- T-Bone Steak
- Ground Turkey

### Veal

- Cutlet
- Chop
- Rump

### Poultry

- Chicken Breast
- Turkey Breast

### Liver

- Beef Liver
- Calf Liver
- Chicken Liver

### Fish

- Blue Fish
- Cod
- Dolphin
- Flounder
- Grouper
- Haddock
- Halibut
- Lake Perch
- Orange Roughy
- Red Snapper
- Scrod
- Shrimp
- Sole
- Striped Bass
- Tilapia

- Fresh Tuna
- Whitefish
- Yellow Tail
- Crab
- Lobster
- Salmon Steak
- Scallops
- Swordfish
- Tuna (water packed)

### Eggs

- Eggs
- Cottage Cheese
- Egg Beaters or whites

- Cottage Cheese**  
1% Fat

- Lite Yogurt** under  
11gr. of Sugar

- Veggie or  
Soy Burger**

### FAT

- Almonds
- Lite Butter or  
Lite Mayo
- Cheese Stick
- Olives
- Peanut Butter  
(natural brand)

### LIQUIDS

- Fresh Water
- Tea or Coffee  
caffeinated
- Decaffeinated  
Beverages
- Diet Soda (clear)
- Crystallite
- Green Tea
- Herbal Teas

## VEGETABLES

- Asparagus
- Bean Sprouts
- Broccoli
- Broccoli Raab
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green Onion
- Green Peppers
- Hot Peppers
- Lettuce or Endive
- Mushrooms
- Radishes
- Red Onion
- Rhubarb
- Spinach or Kale
- Squash
- String Beans
- Tomatoes
- Turnip Sprouts
- Zucchini

## STARCHES/CARBS

### Lite Starches

- 40-45 calorie Bread  
(wheat or rye)
- Akmak Cracker
- Diet Bread Stick
- Melba Toast
- Wheat Pretzels  
(small)
- Wheat Thins  
(reduced fat)

### Heavy Starches

- Baked Potato
- Beans
- Brown Rice
- Oatmeal or  
Cream of Wheat

- Sugar free cereals  
(under 9 gr. sugars)
- Sweet Potato
- Wheat Pita
- Wheat Pasta
- Wheat Tortilla
- Whole Wheat Pizza

## FRUIT

- Green Grapes
- Apple
- Apricot
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapefruit
- Green Grapes
- Lemon
- Orange
- Papaya
- Peach
- Pineapple
- Prunes
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## FREE ITEMS

- Edge Bar  
(Carb Control)
- Edge Shake  
(Carb Control)
- Nancy's Protein Bar
- Nancy's Protein  
Shake
- Nancy's Trail Mix
- Sugar Free Pudding
- Sugar Free Jello
- Sugar Free Ice Pop
- Sugar Free Fudge Pop

*Nancy Adler* Certified Fitness & Nutrition C.F.T./S.S.N./S.S.C.

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\*This is a recommended program only. You must consult your physician before starting any nutritional/weight loss program.