

HEALTHY GROCERY LIST FOR WEIGHT LOSS

	Proteins		Carbs		Veggies		Misc
	Egg whites		Bananas		Broccoli		Sugar free G Hughes sauces
	Eggs		Apples		Carrots		Feast Mode seasonings (low sodium)
	Chicken Tenders or Breasts		Berries, in season		Cucumbers		Course salt or iodized salt
	chicken thighs		Rice		Lettuce		Bolthouse ranch dressing
	Ground Turkey		Oatmeal		Tomatoes		Sugar free pudding mix
	Turkey Bacon		Rice Cakes		Bell Peppers		Light Cream cheese
	Tilapia		Thin sliced Dave's Killer Bread		Riced cauliflower		Whipped Cream
	Protein Powder		Mayas 80 calorie flour tortillas		Avocado		Butter flavored cooking spray
	Nonfat plain Greek Yogurt		Sweet Potatoes		mushrooms		
	Built Bars		Zucchini		Onions		
	Low calorie cheese (thin sliced or fat free)		Spaghetti squash				
	Sometimes		Sometimes		Sometimes		Sometimes
	Tuna		Watermelon (in season)		Asparagus (when it's cheap)		Sugar free chocolate chips
	Canned chicken		Oranges (in season)		Canned green beans		Soy sauce
	Peanut butter powder		Thin sliced bagels				Light mayo
	Milk		Pineapple (in season)				Sugar free maple syrup
	Black beans		Self rising flour (for recipes)				Spaghetti sauce
			Corn on the cob (in season)				