Health Beet

1200 Calorie Low Carb Meal Plan, Grocery List (Mon–Fri)

PROTEINS AND DAIRY

- Eggs
- Egg whites (carton)
- Chicken tenders (or chicken breast)
- Chicken thighs
- Lean ground beef 95–96%
- Ground chicken
- Deli turkey
- Canned chicken
- Plain nonfat Greek yogurt
- Low fat cottage cheese
- Mozzarella cheese
- Parmesan cheese
- String cheese
- Laughing Cow Light Swiss wedges
- Protein powder (Optimum or similar)
- High protein bar (S'mores or similar)

PRODUCE

- Bananas
- Grapefruit
- Strawberries
- Berries (fresh or frozen mixed)
- Sweet potatoes
- Mushrooms
- Cucumber
- Zucchini
- Spaghetti squash
- Salad greens (tossed green salad)
- Lettuce leaves (for wraps)

CARBS AND PANTRY STAPLES

- Jasmine rice
- Oats (dry)
- Whole wheat bread
- 80 calorie tortillas (Maya or similar)
- Corn (1/2 cup serving)
- Rice cakes (lightly salted)

CONDIMENTS AND EXTRAS

- Walden Farms calorie free pancake syrup (or similar)
- Peanut butter powder
- Light mayo
- Bolthouse Ranch dressing (or similar)
- Butter
- Spray butter
- Sugar free Jello cups
- Sugar free, fat free chocolate Jello packet mix

Source: HealthBeet.org, "1200 Calorie Low Carb Meal Plan" ingredient list (Mon–Fri).