

LEAN FOR LIFE SHOPPING LIST

MEAT AND POULTRY

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|--|---|--|
| <input type="checkbox"/> Beef flank | <input type="checkbox"/> Chicken breast (fresh or frozen) | <input type="checkbox"/> Pork tenderloin (lean) |
| <input type="checkbox"/> Beef round | <input type="checkbox"/> Chicken (ground white meat) | <input type="checkbox"/> Turkey (breast, 97% fat-free) |
| <input type="checkbox"/> Beef sirloin (ground, 7% fat maximum) | <input type="checkbox"/> Cold cuts (97-98% fat-free) | <input type="checkbox"/> Turkey (ground, 97% fat-free) |
| <input type="checkbox"/> Chicken breast (canned, water-packed) | | <input type="checkbox"/> Veal |

SEAFOOD

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|--|-----------------------------------|--|
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Perch | <input type="checkbox"/> Sole |
| <input type="checkbox"/> Cod | <input type="checkbox"/> Salmon | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Scallops | <input type="checkbox"/> Trout (rainbow) |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Sea bass | <input type="checkbox"/> Tuna (fresh or frozen) |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Shark | <input type="checkbox"/> Tuna (white albacore, water-packed) |
| <input type="checkbox"/> Lobster | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Turbot |
| <input type="checkbox"/> Orange roughy | <input type="checkbox"/> Snapper | <input type="checkbox"/> White fish |

PRODUCE

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|---|---|---|
| <input type="checkbox"/> Apples (small 2 1/2" diameter) | <input type="checkbox"/> Casaba melon | <input type="checkbox"/> Lemons |
| <input type="checkbox"/> Applesauce (unsweetened) | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Celery | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cherries | <input type="checkbox"/> Mangoes |
| <input type="checkbox"/> Bananas (small) | <input type="checkbox"/> Chinese pea pods | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Dates | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Green beans | <input type="checkbox"/> Oranges (small) |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Green onion (tops) | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Peaches (small) |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pears (Bartlett) |
| | <input type="checkbox"/> Kale | <input type="checkbox"/> Peppers (yellow, green, red, orange) |
| | <input type="checkbox"/> Kiwi | |

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|---|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Peppers (jalapeño) | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Sauerkraut | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Radishes | <input type="checkbox"/> Spinach | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Raisins | <input type="checkbox"/> Strawberries | |

REFRIGERATED SECTION

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|--|---|---|
| <input type="checkbox"/> Cheese (fat-free, low-fat) | <input type="checkbox"/> Egg substitute | <input type="checkbox"/> Veggie burger |
| <input type="checkbox"/> Cottage cheese (low-fat, plain) | <input type="checkbox"/> Egg whites | <input type="checkbox"/> Veggie cutlet |
| <input type="checkbox"/> Eggs (DHA enriched) | <input type="checkbox"/> Margarine (nonfat) | <input type="checkbox"/> Yogurt (Greek, nonfat) |
| | <input type="checkbox"/> Tofu (low-fat) | <input type="checkbox"/> Yogurt (nonfat, plain) |

BEVERAGES

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|---|---|--|
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Diet soda | <input type="checkbox"/> Water |
| <input type="checkbox"/> Diet mineral water | <input type="checkbox"/> Milk (nonfat) | <input type="checkbox"/> Any other calorie-free beverage |
| <input type="checkbox"/> Diet seltzer | <input type="checkbox"/> Tea (black, green, herbal) | |

GRAINS

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|--|---|--|
| <input type="checkbox"/> Cereal (less than 20 carbs) | <input type="checkbox"/> Cream of Wheat | <input type="checkbox"/> Whole-grain bread (less than 80 calories, less than 15 carbs) |
| <input type="checkbox"/> Cream of Rice | <input type="checkbox"/> Malt-O-Meal | |
| | <input type="checkbox"/> Oatmeal | |

SALAD OILS, DRESSINGS AND COOKING SPRAY

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|---|--|---|
| <input type="checkbox"/> Canola oil | <input type="checkbox"/> Olive oil | <input type="checkbox"/> Salad dressing (fat-free, up to 15 calories, up to 3 grams of carbs) |
| <input type="checkbox"/> Canola oil spray | <input type="checkbox"/> Olive oil spray | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Flaxseed oil | <input type="checkbox"/> Safflower spray | |

FROZEN FOODS

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|---|--|--|
| <input type="checkbox"/> Chicken breast | <input type="checkbox"/> Seafood (see "Seafood") | <input type="checkbox"/> Vegetables (see "Produce," no creams or sauces) |
| <input type="checkbox"/> Fruits (see "Produce," no sugar added) | <input type="checkbox"/> Turkey burgers | |
| | <input type="checkbox"/> Veggie burgers | |

MISCELLANEOUS