

My Grocery List

Shop the Eat the Weight Off way: protein first, half your plate vegetables, less sugar and carbs, healthy fats.

Week of: _____

Meals I'm planning: _____

1. PROTEIN FIRST

- ☐ Chicken breast / thighs
- ☐ Turkey (ground or breast)
- ☐ Fish: salmon, trout, sardines
- ☐ Shrimp / scallops
- ☐ Eggs
- ☐ Lean beef or pork
- ☐ Beans / lentils / tofu
- ☐ _____
- ☐ _____

2. VEGETABLES: HALF YOUR PLATE

- ☐ Leafy greens (collards, spinach, kale)
- ☐ Broccoli / green beans
- ☐ Bell peppers / onions / celery
- ☐ Zucchini / squash
- ☐ Cauliflower (for rice swaps)
- ☐ Tomatoes / cucumbers
- ☐ Frozen veggies (no sauce added)
- ☐ _____
- ☐ _____

3. HEALTHY FATS

- ☐ Olive oil / avocado oil
- ☐ Avocados
- ☐ Nuts: almonds, walnuts, pecans
- ☐ Seeds: pumpkin, chia, flax
- ☐ Natural nut butter (no sugar added)
- ☐ _____
- ☐ _____

4. SMART CARBS (a scoop, not the plate)

- ☐ Brown rice / wild rice
- ☐ Sweet potatoes
- ☐ Oats (plain)
- ☐ Whole-grain bread / tortillas
- ☐ Fresh fruit: berries, apples
- ☐ _____
- ☐ _____

5. DAIRY

- ☐ Plain UNSWEETENED Greek yogurt*
- ☐ Cottage cheese
- ☐ Cheese (small amounts)
- ☐ Unsweetened milk or milk alternative
- ☐ _____
- ☐ _____

6. FLAVOR & PANTRY

- ☐ Garlic / fresh herbs / lemons
- ☐ Low-sodium Creole or Cajun seasoning
- ☐ Hot sauce / mustard / vinegar
- ☐ Low-sodium broth
- ☐ Canned beans or tomatoes (rinse / low-sodium)
- ☐ _____
- ☐ _____

**Always buy PLAIN, unsweetened Greek yogurt. Flavored versions can carry 15-20g+ of added sugar, sometimes more than a candy bar. Fresh is first choice. Frozen is a great second choice. Canned: rinse well or choose low-sodium.*

Shop smart

- Shop the outside aisles first: produce, protein, dairy. That's where most real food lives.
- Read one label a week. Sauces, dressings, bread and yogurt are where sugar hides.
- Never shop hungry. Eat a little protein before you go.