

CATEGORY 1 LEAN MEAT

CHICKEN BREAST	ANY SHELLFISH (Category 7)
TURKEY BREAST	SHRIMP (Category 7)
LEAN HAM	CRAB (Category 7)
BOARS HEAD LONDON BROIL	LOBSTER (Category 7)
FISH	SCALLOPS (Category 7)
CANNED TUNA IN WATER	OYSTERS (Category 7)
CANNED WILD CAUGHT SALMON	CANADIAN BACON
PORK TENDERLOIN	JERKY
96% LEAN GROUND MEAT OR BETTER	VENISON
96% LEAN FRANKS OR FAT FREE	
FRANKS	
LEAN BOARS HEAD MEAT 3.5 GRAMS	
OF FAT OR LESS PER SERVING	

CATEGORY 4 MEATS

RIBEYE
FILET MIGNON
NEW YORK STRIP
TOP ROUND
FLANK STEAK
TUNA IN OIL
CANNED SALMON IN OIL
CANNED SARDINES IN OIL
APPROVED TURKEY BACON
93% LEAN UP TO 95.9% LEAN GROUND MEAT
MOST WILD GAME
AMY MEAT OF UNKNOWN ORIGIN

CATEGORY 2 FIBROUS VEGETABLES

BROCCOLI
ASPARAGUS
CELERY
SQUASH
CUCUMBERS
PEPPERS
OKRA
JICAMA
GREEN LEAFY VEGETABLES
CABBAGE
BRUSSELS
SPROUTS
GREEN BEANS
CAULIFLOWER
MUSHROOMS

CATEGORY 3 COMPLEX CARBS

TOMATOES
CARROTS
ONIONS
LONG GRAIN BROWN RICE
LIMA BEANS
PEAS
WHITE POTATO
SWEET POTATO
GREEN PEAS
QUINOA
LONG GRAIN BROWN RICE
OATMEAL
CORN

NOTES

CATEGORY 5 FRUIT

APPLES

ORANGES

GRAPEFRUIT

BERRIES

PLUMS

BANANAS

MELONS

CANTALOUPE

GRAPES

PINEAPPLE

CATEGORY 6 SUPER FOOD

PINTOS

BLACK BEANS

RED BEANS

REFRIED BEANS

HEMP HEARTS

HEMP FLAKES

CHIA SEED

FLAX SEED

FAVA BEANS

EDAMAME

G-BUTTER

APPROVED PEANUT BUTTER (JIFF NATURAL)

PUMPKINS SEEDS

ALMONDS

MACADAMIA NUTS

PISTACHIOS

SUNFLOWER SEEDS

DAIRY

KROGER CARBMASTER MILK

FAT FREE FAIR LIFE MILK

HEMP MILK

GHEE BUTTER

WHOLE EGGS

EGG WHITES

EGG BEATERS

APPROVED FAT FREE CHEESE

LIFETIME FAT FREE CHEESE

SARGENTO REDUCED FAT CHEESE

PHILADELPHIA FAT FREE CREAM CHEESE

OIKOS TRIPLE ZERO BRAND YOGURT

HOOD CALORIE COUNTDOWN MILK

BLUE DIAMOND UNSWEETENED ALMOND MILK

FAT FREE COOL WHIP

FAT FREE SOUR CREAM

LOW FAT COTTAGE CHEESE

FAT FREE COTTAGE CHEESE

GREEK PLAIN YOGURT

CONDIMENTS

A1 STEAK SAUCE

REDUCED SUGAR KETCHUP

STUBBS MOPPIN SAUCE

WORSTERSHIRE SAUCE

SOY SAUCE

WASABI

FAT FREE SOUR CREAM

FAT FREE COOL WHIP

KNOW BETTER FOODS CROUTONS

ANY SEASONING PACK UNDER 15 CALORIES

ANY SEASONING OR HERBS UNDER 15 CALORIES

WALDEN FARMS CALORIE FREE CONDIMENTS

ANY GRAVY OR SAUCE MIX PACK UNDER 25 CALORIES PER SERVING

FLUFF MARSHMALLOW TOPPING

MS. CAMPBELLS CHOW CHOW

SEA SALT

PEPPER

LIGHT ITALIAN SALAD DRESSING

STEVIA

SLENDA

XYLITOL

MONK FRUIT

MUSTARD

SLAWSA

NOTES



GROCERY LIST

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CEREAL

KAY'S NATURAL CEREAL

AHS CINNAMON CRISP CEREAL

KASHI GO LEAN ORIGINAL

SPECIAL K RED BERRIES

REESES PUFFS

HI LO NUTRITIOUS LIVING

SNACKS

BIO-COFFEE

HEALTHSMART PEANUT BUTTER

DOUBLE BITES

PATTIES; UP TO 1 PACKAGE

KIND PLUS BAR

HEALTHSMART PECAN CLUSTERS

SUGAR FREE POPSICLES

HEALTHWISE BISCOTTI

QUEST CHIPS

HALO-TOP ICE CREAM

13 BEANITOS

ARCTIC ZERO ICE CREAM

HIGH PROTEIN JELLO

SHIBBOLETH ICE CREAM MIX

HEALTHWISE CHIPS

EVOLVE PLANT BASED PROTEIN BARS

COCORINGA MORINGA HOT CHOCOLATE

HIGH PROTEIN PUDDING

FIBER GOURMET THINNABLES

COOKING OILS/SPRAYS

100% MCT OIL

COCONUT OIL

GHEE BUTTER

HEMP OIL

PAM COOKING SPRAY

WATER

BULLION

FAT FREE BROTH

APPROVED SEASONINGS

ANYTHING ZERO CALORIE

CATEGORY 2 BREADS (LESS IS BEST)

LA TORTILLA FACTORY 50
CALORIES TORTILLA

OLE WELLNES EXTREME
FIBER TORTILLA

HEALTHY LIFE BREAD

NATURES OWN DOUBLE
FIBER WHEAT BREAD

BRAN CRISPBREAD

HEALTHY LIFE HOT
DOG BUNS

THOMAS LIGHT MUFFINS

UDI'S MILLET CHIA
(GLUTEN FREE)

RUDI'S GLUTEN FREE TORTILLA

SHIBBOLETH HIGH PROTEIN
BROWN BREAD

NOTES



GROCERY LIST

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CHIPS/SALTY SNACKS

BEANITOS

HEALTHWISE CHIPS

DOUBLE BITES

SKINNY POP

BOOM CHICKA POP

POP CHIPS

SIMPLY TOSTITOS BLACK BEAN CHIPS

BEVERAGES

WATER

ANY ZERO CALORIE BEVERAGE

SPRITE ZERO

DIET COKE

COKE ZERO

DIET MOUNTAIN DEW

OCEAN SPRAY DIET

V8 SPLASH DIET

CELSIUS

ADVOCARE SPARK

COFFEE BUT ONLY APPROVED
SWEETENERS OR CREAMERS

UNSWEET OR APPROVED TEAS

FUZE SLENDERIZE

MEAL REPLACEMENTS

MIGHTY MUFFIN

HEALTHWISE HOT CHOCOLATE

QUEST COOKIE

POWER CRUNCH BAR

QUEST BAR

APPROVED SHAKE

1/3 HEMP BAR

AHS MAC AND CHEESE

AHS FETUCCINE

AHS CHEESESTEAK PASTA

OH YEAH ONE BAR

HEALTHWISE MICROWAVEABLE
MEAL

REAL GOOD PIZZAS

REAL GOOD ENCHILADES

KNOW BETTER WAFFLES

KNOW BETTER DOUGHNUTS

ATKINS BAR

KNOW BETTER COOKIES

G BUTTER

PURE PROTEIN BARS

PREMIER PROTEIN BARS

HEALTHWISE HIGH PROTEIN

SHIBBOLETH HIGH PROTEIN SOUPS

PREMIER PROTEIN SHAKES

SHIBBOLETH MEAL REPLACEMENT
BARS

SHIBBOLETH HIGH PROTEIN BARS

SHIBBOLETH HIGH PROTEIN MEAL
REPLACEMENT SHAKES RTD

AHS PANCAKES

AHS OATMEAL

BREADINGS FLOURS

TVP

COCONUT FLOUR

CARBQUICK

NOTES



GROCERY LIST

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FREEBIE/EXTRA

SUGAR FREE JELLO

EGG WHITES

ANY CATEGORY 2 VEGETABLE
NOT COOKED IN FAT

SUGAR FREE POPSICLES

DILL PICKLES

SUGAR FREE GUM

SUGAR FREE JOLLY RANCHER

JOY ICE CREAM CUPS

RUSSELL STOVER SUGAR FREE
LEMON HARD CANDIES

SUGAR FREE LIFE SAVERS

HEALTHWISE BISCOTTI

NOTES