

# Your Grocery List



## Meat

- Lean cuts:**
  - Bottom round
  - Eye of round
  - Flank steak
  - London broil
  - Lean pastrami
  - Sirloin steak
  - Top loin and round
  - Filet mignon
- Ground beef – 90-98% lean**
- Lean frozen burgers, meatballs**
- Beef jerky (less than 5 grams sugar)**

3 oz = ~25 gm protein



## Fish

- All fresh fish:**
  - Salmon
  - Tilapia
  - Snapper
  - Trout
  - Tuna
  - Catfish
  - Flounder
  - Halibut
  - Haddock
- Canned fish (tuna, salmon, sardines, etc)**
- Frozen fish**  
(avoid fried fish)

3 oz = ~18-21 gm protein



## Poultry

- Chicken (skinless breast, skinless thighs)
- Chicken meatballs, burgers, bacon, sausage Rotisserie chicken
- Premade/frozen non-breaded chicken strips/breasts
- Turkey (skinless)
- Turkey meatballs, burgers, bacon, sausage Ground chicken or turkey (90-98% lean)

3 oz = ~25 gm protein



## Deli Meats & Cheese

- Turkey
- Chicken
- Roast beef
- Low-fat cheese
- You may ask for least processed, lowest sodium products

3 oz = ~15-21 gm protein



## Other Meats

- Veal chop, leg, top round
- Lamb center cut, chop, loin
- Game meats
  - Buffalo
  - Venison
  - Elk

3 oz = ~25 gm protein



## Eggs

- Fresh eggs (can use yolks/yellow)
- Eggbeaters
- Boiled eggs
- Frozen/ready to eat eggs without starch

Can vary from 6-22 grams per serving.



## Dairy

All should be FAT FREE  
or REDUCED FAT

- Fat-free or reduced-fat cheeses:
  - Buffalo string cheese
  - Cheddar
  - Swiss
  - Blue cheese
  - Feta
  - Goat
  - Mozzarella
  - Light wedges
- Fat-free or reduced-fat: sour cream, cottage cheese, cream cheese
- Fat-free or reduced-fat Greek or regular yogurt with less than 15 grams sugar

Can vary from 6-22 grams per serving.



## Meat Alternatives

- Tofu (all kinds)
- Tempeh
- Textured vegetable protein
- Soy burgers (without corn, beans, rice)
- Soy bacon
- Soy crumbles
- Soy hot dogs
- Soy sausage patties and links

Protein Varies



## Non-Starchy Vegetables

- Artichokes
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage (green, red, napa, savoy)
- Cauliflower
- Carrots
- Celery
- Collard greens
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green beans
- Hearts of palm
- Jicama
- Kale
- Leeks
- Lettuce (all kinds)
- Mushrooms (all kinds)
- Mustard greens
- Okra
- Onions
- Parsley
- Pepperoncini
- Peppers (all kinds)
- Pickles
- Pimientos
- Radishes
- Rhubarb
- Sauerkraut
- Scallions
- Seaweed
- Shallots
- Snap peas
- Snow peas
- Spinach
- Sprouts
- Spaghetti squash
- Summer squash (yellow, zucchini)
- All winter squash (butternut, acorn)
- Swiss chard
- Tomatillos
- Tomatoes (fresh and canned)
- Turnips
- Frozen veggies
- Zucchini noodles

This is not a complete list of non-starchy vegetables. Avoid potatoes, sweet potatoes, corn, peas, and beans.



## Fruit

- All fruit - up to 3 servings per day:
  - 1 serving = ½ cup to 1 cup or small whole fruit
  - unsweetened applesauce
  - canned or packaged fruit in own juice (less than 15 grams sugar per serving)

Note: pair fruit with a protein for a snack to prevent blood sugar spikes.



## Drinks

- Unsweetened almond milk
  - Unsweetened soy milk
  - Unsweetened cashew milk
  - Fat-free half and half
  - Fat-free or 1% milk
  - Sugar-free
  - Low fat creamers
  - Flavored water (no sugar)
  - Sugar-free mixes
  - Diet, caffeine-free iced/hot tea
  - Sugar-free sports drinks
  - Sugar-free juices
  - Decaf or herbal teas
  - Decaf coffee (after 3 weeks)
  - Regular coffee (after 1 month, does not count toward fluid goals)
- Note: there are no sugar free Gatorade products

This is not a complete list.

Any sugar-free, non-carbonated, caffeine free drinks will go towards 64 ounces fluid goal.



## Condiments

- All fresh and dried herbs (basil, thyme, rosemary, sage, garlic powder, etc.)
- Low fat, low sugar dressings (Walden Farms, Primal Kitchen, Simple Girl products)
- Low-fat/lite mayo
- Sugar-free ketchup, BBQ sauce, honey mustard, cocktail sauce
- Extracts (vanilla, almond, etc.)
- Mustard (Dijon, yellow, brown, etc.)
- I Can't Believe it's Not Butter spray
- Mrs. Dash
- Steak sauce (1/2 tbsp)
- Worcestershire sauce (1 tbsp)
- Sriracha sauce
- Soy sauce, reduced sodium
- Vinegar (all kinds)
- Salsa (check label for added sugar)
- Sugar-free jelly
- Sugar-free syrups, sugar free honey
- All spray oils (e.g. Pam)
- PB2 (peanut butter aisle)

Should be low fat and low sugar/sugar-free.

Limit ALL oils to 2 tablespoons per day.



## Protein Products

- Ready-made protein shakes:
  - Muscle Milk
  - Unjury
  - Atkins AdvantEdge High Protein
- Protein powders:
  - Unjury
  - Nectar
  - Body Fortress
  - Dymatize ISO 100
  - Isopure
  - Chike
- Protein bars:
  - Quest
  - Oh Yeah! One Bar
  - Fit Joy
  - Pure Protein
  - Power Crunch
- Protein waters:
  - Protein 2-0
  - Premier Clear
  - Dymatize ISO 100 Clear
  - Isopure

Look for products with “isolate” as the first ingredient.



## Sweets

- Sugar-free hard candy
- Sugar-free chocolate syrup
- Sugar-free cool whip/whipped topping
- PB2 (peanut butter aisle)
- Chocolate powder with no sugar added
- Sugar-free fudgsicles and popsicles
- Sugar-free pudding
- Halo Top, Enlightened, Arctic Zero ice creams

All sweets should be sugar-free.



## Pre-made Foods/Other

- Atkins Meals
- Bagged tuna
- Sugar-free jell-o
- Miracle Noodles/Shirataki noodles (in produce/tofu section)
- Premade chicken or tuna salad w/ lite mayo
- Fast food: salads w/ dressing on side, sandwich without bun, grilled chicken nuggets
- Premade salads at deli counter (some may be high in fat)
- Rotisserie chicken



## Recipe Websites

- [Bariatricfoodie.com](http://Bariatricfoodie.com)
- [Bariatriceating.com](http://Bariatriceating.com)
- [mybariatriclife.org](http://mybariatriclife.org)
- [insidekarenskitchen.com/bariatric-friendly-recipes/](http://insidekarenskitchen.com/bariatric-friendly-recipes/)
- [pinterest.com/explore/bariatric-recipes/](http://pinterest.com/explore/bariatric-recipes/)
- [skinnytaste.com](http://skinnytaste.com)
- [netrition.com](http://netrition.com)



## Apps

- [Baritastic](#)
- [Bariapps](#)
- [Waterlogged](#)
- [Fooducate](#)
- [My diet coach](#)
- [Happy scale](#)
- [Eat slower](#)
- [Map my walk](#)
- [My Fitness Pal](#)
- [FitBit](#)