



Wellness Girlfriend Shopping List

Vegetables-fresh or frozen

Arugula
Asparagus
Bok Cho
Cabbage
Carrots-baby
Cauliflower
Celery
Collard Greens
Green Beans
Kale
Lettuce
Mustard Greens
Onions
Peppers
Zucchini

Diary/Eggs

Eggs
Greek Yoghurt-plain
Cheese-part skim Mozzarella, Feta,
Ricotta

Lean Meats

Chicken-skinless
Deli-nitrate free, sliced thin
Pork Lion
Turkey

Seafood

Cod
Salmon
Shrimp (wild)
Trout

Vegetables-moderation-fresh or frozen

Corn

Pea

Potatoes

Spaghetti Squash

Sweet Potatoes

Fresh Fruit-fresh or frozen

Apples

Berries-Blueberries, Cranberries, Raspberries,

Strawberries

Peaches

Fruit-moderation

Avocado's

Banana's

Watermelon

Oranges

Tomatoes

Condiments/Spices

Balsamic vinegar/dressing

Black Peppercorn, Chili pepper

Curry

Cinnamon, all spice, ginger

Hot sauce

Italian seasonings-basil, garlic, oregano,

Mustard

Olive Oil

Salsa

Hummus

Grains, etc.

English muffins

Quinoa

Steel Cut Oatmeal

100% whole grain-crackers

whole grain bread, tortillas, brown puffed rice cereal

Other:

Protein powder (optional)

Bottles or Cans

Beans-Black, Kidney, Navy, Pinto, Red

Beets

Dill pickles (low sodium)

Low sodium salsa

Mushrooms

Tomatoes

Beverages

Almond milk-unsweetened-1 cup

Coconut milk-unsweetened-1 cup

Coffee

Tea-herbal, green, passion, etc.

Water-plain, sparking and seltzer

Water-flavored with lemon/lime juice and stevia

Water-with splash of fruit juice/mint

Sweeteners:

Liquid Stevia

1 tsp of sugar (approx. 20 calories)

Snacks

Applesauce cups-unsweetened

Nuts-Almonds Pistachios, Walnuts

Popcorn-100 calorie bags

Protein bars-no more than 6

grams of sugar -ex: some Kind bars

Seeds-Pumpkin, Sunflower

(100 calorie packs are great)