



INFO SHEET

FAT LOSS KICKSTARTER GROCERY LIST

Welcome to the shopping list. Over the weeks you will get used to what your new grocery shopping trips look like, but at first it can be a real surprise! It's hard to break old habits, and this applies just as much to shopping as it does to anything else. In my first couple of weeks, I made return trips to my local grocery store, as I hadn't bought enough beans, eggs or green vegetables! It just didn't look right. After a while though, I could eyeball the 'right amount' and know if I'd forgotten anything.

And the bonus? You might find your new shopping trip only takes you 20 minutes!

Beans/Lentils

- Canned Black Beans

 - always drain and rinse before cooking

- Canned Red Kidney Beans

 - always drain and rinse before cooking

- Canned White Kidney Beans

 - always drain and rinse before cooking

- Dry Red Split Lentils

 - easy to boil in 10 mins

Check cans for added sugars/ingredients - avoid any with starches/sugar added

Start with 3/4 cup from canned, or 1/3 cup dried lentils before boiling, then adjust

Protein

- Lean Ground Beef

- Chicken fillets

- Fish

 - Salmon

 - Canned

 - Fresh

 - Canned tuna

 - Moderate intake due to mercury

 - Other fresh/frozen fish

- Eggs

 - OK to eat 2-4 at breakfast every day

- Egg whites

 - Add to whole eggs

 - Use as a thickener in sauces

- Steak

 - occasional

Start with 3 eggs / 4oz meat, then adjust

Vegetables

- Spinach

 - Frozen nuggets

 - fast to microwave

 - Fresh bagged and washed

 - great for a salad

- Green beans

 - Frozen

- Broccoli

- Cauliflower

great for fake mashed potato with white beans

- Red Cabbage

- Kale

- Swiss Chard

Extras

- Tomato Salsa (No sugar added)

- Almond Butter

 - If not available, get natural peanut butter

- Parmesan Cheese Shaker

 - Use sparingly for occasional meal

- Lemon juice

Find freshly squeezed, or buy lemons to squeeze

- Saigon Cinnamon

 - Look in organic section

- Cayenne Pepper

- Green tea bags (optional)

- Vanilla essence (optional)

- Stevia (optional)

