SHOPPING LIST

HEALTHY FATS
• nuts
  – almonds
  – walnuts
  – cashews
  – hazelnuts
  – pistachios
  – pecans
• seeds
  – sunflower
  – pumpkin
• nut butters
  – almond butter
  – cashew butter
• nut milks
  – unsweetened
• oils
  – olive oil, avocado oil
• other
  – avocado
  – olives

LOW FAT DAIRY
• yogurt
  – Greek, plain, 2% fat
• milk
  – 2%
• cheese
  – low fat

LEGUMES
• lentils
• beans (all types)

LOW GLYCEMIC FRUITS (frozen or fresh)
• berries (raspberry, blueberry and strawberries)
• apples with skin
• pears with skin
• melon

LOW GLYCEMIC VEGGIES
artichoke & artichoke hearts • asparagus •
bamboo shoots • beets • brussels sprouts •
broccoli • cabbage • cauliflower • celery •
cucumber • daikon • eggplant • greens: collard,
kale, mustard, turnip, chicory, endive, escarole,
lettuce, romaine, spinach, arugula, radicchio,
watercress • hearts of palm • leeks • mushrooms
• okra • onions • pea pods • peppers • radishes •
rutabaga • spaghetti squash • sprouts • sugar
snap peas • swiss chard • tomato • turnips •
water chestnuts • zucchini

HIGH FIBER/LOW GLYCEMIC CARBOHYDRATES
• brown rice
• steel cut oats
• quinoa
• 100% whole grain bread
• sprouted breads
• sweet potato