

**Grocery List**  
**Group**

**Accepted Food List**  
\*\*substitutions allowed upon approval\*\*

**A**

**Proteins**

|                        |         |                  |         |                      |       |
|------------------------|---------|------------------|---------|----------------------|-------|
| Chicken (4 oz)         | 35 gm   | Roughy (3 oz)    | 19.2 gm | Egg white (1/2 cup)  | 13 gm |
| Turkey breast (4 oz)   | 26 gm   | Grouper (3 oz)   | 21 gm   | Egg beater (1/2 cup) | 12 gm |
| Pork chop (3 oz)       | 26.5 gm | White fish (ea.) | 16 gm   | Beef jerky (1 oz)    | 9 gm  |
| Top sirloin (3 oz)     | 25.8 gm | Tilapia (4 oz)   | 21 gm   |                      |       |
| Top round steak (4 oz) | 26 gm   | Tuna (3 oz)      | 22.5 gm |                      |       |
| Ground turkey (4 oz)   | 22 gm   | Oysters (1 cup)  | 17.5 gm |                      |       |
|                        |         | Clams ( 1 cup)   | 19 gm   |                      |       |
|                        |         | Lobster (1 cup)  | 29.7 gm |                      |       |
|                        |         | Crab (1 cup)     | 23.8 gm |                      |       |

**Group**

**B**

**Complex Carbohydrates**

|                        |         |                      |         |                  |       |
|------------------------|---------|----------------------|---------|------------------|-------|
| Baked potato (1/2 cup) | 15.7 gm | Brown rice (1/2 cup) | 24.4 gm | Quinoa (1/2 cup) | 20 gm |
| Sweet potato (1/2 cup) | 20.5 gm | Oatmeal (1/2 cup)    | 28.1 gm |                  |       |
|                        |         | Peas (1 cup)         | 21 gm   |                  |       |

**Group**

**C**

**Simple Carbohydrates**

|                        |         |                   |        |             |       |
|------------------------|---------|-------------------|--------|-------------|-------|
| Strawberries (1/2 cup) | 5.5 gm  | Apple (ea.)       | 11 gm  | Peach (ea.) | 11 gm |
| Blueberries (1/2 cup)  | 21 gm   | Orange (ea.)      | 11 gm  | Pear (ea.)  | 25 gm |
| Cantaloupe (1 cup)     | 11 gm   | Tangerine (1 ea.) | 26 gm  |             |       |
| Grapefruit (1 cup)     | 24.5 gm | Raspberries       | 7.5 gm |             |       |
| Tomato (1 med.)        | 4.8 gm  |                   |        |             |       |

**Group**

**D**

**Fibrous Carbohydrates**

|                     |        |                      |        |                 |        |
|---------------------|--------|----------------------|--------|-----------------|--------|
| Asparagus (1 cup)   | 5.2 gm | Squash (1 cup)       | 3.8 gm | Cucumber (ea.)  | 9 gm   |
| Green beans (1 cup) | 9.8 gm | Mushrooms ( 1 cup)   | 2.3 gm | Zucchini (ea.)  | 9 gm   |
| Red pepper (ea.)    | 8 gm   | Broccoli (1 cup)     | 5.8 gm | Spinach (1 cup) | 1.1 gm |
| Green pepper (ea.)  | 8 gm   | Cauliflower ( 1 cup) | 5.3 gm | Celery (1 cup)  | 3.6 gm |

**Group**

**E**

**Fats**

|                        |       |                  |         |                   |      |
|------------------------|-------|------------------|---------|-------------------|------|
| Peanut Butter (2tbsp)  | 16 gm | Peanuts (1oz)    | 14.1 gm | Avocado (1/2 ea.) | 13gm |
| Almond butter (2 tbsp) | 17 gm | Cashews (1 oz)   | 12.4 gm | Walnuts (1/4 cup) | 16gm |
| Almonds (1/4 cup)      | 14gm  | Pecans (1/4 cup) | 18gm    |                   |      |

**Other**

|                           |                            |                      |
|---------------------------|----------------------------|----------------------|
| Balsamic vinegar dressing | Can't Believe butter spray | Mrs. Dash seasonings |
| Pam cooking spray         | Powdered Peanut Butter     | Cinnamon             |
|                           |                            | Garlic               |
|                           |                            | Olive Oil            |