

## Phase 1 and 2 Grocery Shopping List



**DINNER PROTEIN** – No frying or breading permitted/Weigh before cooking.

**\* = once per week**

### Fish/Seafood

- |                                   |                                  |                                   |                                      |                                    |
|-----------------------------------|----------------------------------|-----------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Anchovy  | <input type="checkbox"/> Bass    | <input type="checkbox"/> Catfish  | <input type="checkbox"/> Cod         | <input type="checkbox"/> Flounder  |
| <input type="checkbox"/> Grouper  | <input type="checkbox"/> Haddock | <input type="checkbox"/> Hake     | <input type="checkbox"/> Halibut     | <input type="checkbox"/> Mahi-mahi |
| <input type="checkbox"/> Monkfish | <input type="checkbox"/> Perch   | <input type="checkbox"/> Pike     | <input type="checkbox"/> Red snapper | <input type="checkbox"/> Redfish   |
| <input type="checkbox"/> Sea bass | <input type="checkbox"/> Shark   | <input type="checkbox"/> Smelt    | <input type="checkbox"/> Sole        | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Tilapia  | <input type="checkbox"/> Tuna*   | <input type="checkbox"/> Trout    | <input type="checkbox"/> Turbot      | <input type="checkbox"/> Walleye   |
| <input type="checkbox"/> Whiting  | <input type="checkbox"/> Salmon* | <input type="checkbox"/> Clams    | <input type="checkbox"/> Crawfish    | <input type="checkbox"/> Lobster   |
| <input type="checkbox"/> Mussels  | <input type="checkbox"/> Oysters | <input type="checkbox"/> Scallops | <input type="checkbox"/> Scampi      | <input type="checkbox"/> Shrimp    |
| <input type="checkbox"/> Squid    |                                  |                                   |                                      |                                    |

### Beef

- |                                     |                                  |   |                                     |                                |
|-------------------------------------|----------------------------------|---|-------------------------------------|--------------------------------|
| <input type="checkbox"/> Flank      | <input type="checkbox"/> Steak   | <input type="checkbox"/> Ground Beef (extra-lean) | <input type="checkbox"/> Lean roast | <input type="checkbox"/> Round |
| <input type="checkbox"/> Rump steak | <input type="checkbox"/> Sirloin | <input type="checkbox"/> Tenderloin               | <input type="checkbox"/> tournedos  |                                |

### Poultry/Pork

- |   |                                   |  |                                |                                 |
|---|-----------------------------------|--|--------------------------------|---------------------------------|
| <input type="checkbox"/> Chicken (skinless) | <input type="checkbox"/> Eggs     | <input type="checkbox"/> Fowl            | <input type="checkbox"/> Quail | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Wild Bird          | <input type="checkbox"/> Lean ham | <input type="checkbox"/> Pork tenderloin |                                |                                 |

### Veal

- |                                     |  |                              |                                |                                   |
|-------------------------------------|--|------------------------------|--------------------------------|-----------------------------------|
| <input type="checkbox"/> Breast     | <input type="checkbox"/> Cutlet                  | <input type="checkbox"/> Rib | <input type="checkbox"/> Shank | <input type="checkbox"/> Shoulder |
| <input type="checkbox"/> Tenderloin | <input type="checkbox"/> Inside round scaloppini |                              |                                |                                   |

### Other

- |                                     |                                |                                |                                    |                                 |
|-------------------------------------|--------------------------------|--------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Bison      | <input type="checkbox"/> Deer  | <input type="checkbox"/> Elk   | <input type="checkbox"/> Frog legs | <input type="checkbox"/> Kidney |
| <input type="checkbox"/> Lamb loin  | <input type="checkbox"/> Liver | <input type="checkbox"/> Moose | <input type="checkbox"/> Ostrich   | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Plain tofu |                                |                                |                                    |                                 |

### UNLIMITED RAW VEGETABLES/LETTUCE

- |                                   |   |   |   |   |
|-----------------------------------|---|---|---|---|
| <input type="checkbox"/> Arugula  | <input type="checkbox"/> Bibb lettuce       | <input type="checkbox"/> Boston lettuce   | <input type="checkbox"/> Celery         | <input type="checkbox"/> Chicory                |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Endives            | <input type="checkbox"/> Escarole lettuce | <input type="checkbox"/> Frisée lettuce | <input type="checkbox"/> Green/red leaf lettuce |
| <input type="checkbox"/> Iceberg  | <input type="checkbox"/> Mushroom           | <input type="checkbox"/> Radicchio        | <input type="checkbox"/> Radish         | <input type="checkbox"/> Romaine                |
| <input type="checkbox"/> Spinach  | <input type="checkbox"/> Watercress lettuce |   |   |   |

### SELECT VEGETABLES – 2 cups per meal – Measure before cooking

- |                                   |   |   |  |                                       |
|-----------------------------------|---|---|--|---------------------------------------|
| <input type="checkbox"/> Alfalfa  | <input type="checkbox"/> Asparagus                  | <input type="checkbox"/> Bamboo shoots        | <input type="checkbox"/> Bean sprouts      | <input type="checkbox"/> Bell peppers |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cabbage (all)              | <input type="checkbox"/> Cauliflower          | <input type="checkbox"/> Celeriac          | <input type="checkbox"/> Celery       |
| <input type="checkbox"/> Chayote  | <input type="checkbox"/> Chicory                    | <input type="checkbox"/> Collards             | <input type="checkbox"/> Cucumber          | <input type="checkbox"/> Dill pickles |
| <input type="checkbox"/> Fennel   | <input type="checkbox"/> Gai Lan (Chinese broccoli) | <input type="checkbox"/> Green onions         | <input type="checkbox"/> Jicama            | <input type="checkbox"/> Kale         |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Mushrooms                  | <input type="checkbox"/> Okra                 | <input type="checkbox"/> Onions (raw only) | <input type="checkbox"/> Hot peppers  |
| <input type="checkbox"/> Radish   | <input type="checkbox"/> Rhubarb                    | <input type="checkbox"/> Sauerkraut           | <input type="checkbox"/> Spinach           | <input type="checkbox"/> Swiss chard  |
| <input type="checkbox"/> Turnip   | <input type="checkbox"/> Zucchini                   | <input type="checkbox"/> Yellow summer squash |  |                                       |

### OCCASIONAL VEGETABLES – Maximum 4 cups per week – Measure before cooking

- |  |  |                                   |  |                                   |
|--|--|-----------------------------------|--|-----------------------------------|
| <input type="checkbox"/> Beans (green & wax) | <input type="checkbox"/> Brussel sprouts | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Heart of palm | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Snow peas           | <input type="checkbox"/> Tomatillo       | <input type="checkbox"/> tomatoes |  |                                   |

## Phase 1 and 2 Grocery Shopping List



### SEASONINGS No Balsamic Vinegar

- Apple cider vinegar
- Lemongrass
- Sorrel
- fresh herbs (basil, bay leaves, cilantro, chervil, chives, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme)
- Fine herbs
- Lime
- Fat-free broths
- Garlic
- Hot mustard
- Spices (MSG free/no carbs)
- Ginger
- Hot sauce
- Tamari sauce (1 tablespoon)
- Lemon
- Soy sauce
- White vinegar