

2018 Cityline Weight Loss Challenge Grocery List Basics:

- Vegetables (i.e., peppers, zucchini, spinach, kale, arugula, broccoli, cauliflower, eggplant, cucumber, tomatoes, carrots)
- Lemons
- Avocado
- Organic or omega 3 eggs
- 2% plain yogurt or Greek yogurt
- 1 or 2% cottage cheese
- Unsweetened almond, cashew or soymilk (great for smoothies!)
- Hummus
- Low fat cheese or goats cheese
- Berries (i.e., blueberries, strawberries, raspberries – frozen or fresh.)
- Apples
- Natural nut butters –peanut, almond or cashew
- High fiber wraps
- Coconut or spinach wraps (found at most health food stores)
- Sprouted grain bread
- Nuts (i.e., pistachios, almonds, cashews, etc.)
- Healthy bars such as Simply bar or Kashi bar
- Nitrate free turkey or chicken slices
- Chicken breast and/or a rotisserie chicken
- Ground meat
- Fresh herbs – dill, oregano, basil etc.
- Salmon fillets to freeze (or your fish of choice)
- Frozen fruit of choice

What To Keep In Your Cupboards

Keeping the right staples in your cupboard makes it easier to prepare recipes without having to run out to pick up last minute items.

Here are a few great staples:

- Beans and legumes (i.e., chickpeas, split peas, lentils)
- Low sodium chicken or vegetable stock (Imagine or Pacific are great brands)
- Canned tuna or salmon (in water)
- Quinoa
- Steel cut oats
- Healthy flours (i.e., coconut, whole wheat, spelt flour.)
- Flax seeds and/or chia seeds
- Good quality oils (i.e., extra virgin olive oil, sesame oil, coconut oil etc.)
- Pasta (i.e. whole wheat, spelt, quinoa, kamut, etc.)
- Brown rice
- Tomato sauce
- Tomato paste
- Salsa
- Spices (i.e., oregano, basil, chili flakes, turmeric, cumin, sea salt etc.)
- Natural honey
- Unsweetened apple sauce
- Protein powder (I am a fan of sprouted grain protein options)