

Cityline Weight Loss Challenge Grocery List

Vegetables

- The more green the better! Broccoli, spinach, kale, micro greens, arugula
- Sweet potatoes or spaghetti squash- allowed 2 per week maximum (serving size – 1/2 cup cooked or 1 small sweet potato)
- Cauliflower
- Zucchini – green or yellow
- Peppers – red, green or yellow
- Romaine lettuce
- Onion
- Carrots
- Celery
- Mushrooms
- Peas
- Tomato
- Green beans
- Eggplant
- Cucumber
- Artichoke
- Beets

Fruits – 2 per day

- Apples
- Plums
- Peaches
- Melons
- Bananas
- Pomegranate
- Orange
- Grapefruit
- Berries – raspberries, blueberries, strawberries
- Frozen fruit
- Unsweetened apple sauce

Grains – 1 per day maximum

- Sprouted grain bread (i.e. Stonemill Bakehouse, Ezekiel)
- Whole grain wraps
- High fiber cereal - i.e. All bran, Nature's Path Heritage O's
- Slow cooking oats
- Sprouted grain flour
- High fiber crackers (i.e. Mary's crackers)
- Quinoa
- Brown rice

*** Opt for a cereal with more than 3 grams of fiber per serving and less than 10 grams of sugar per serving.

Healthy oils and fats – 3-4 fats per day

- Olive oil
- Sesame oil
- Walnut oil
- Avocado oil
- Ghee (clarified butter)
- Almonds, walnuts, cashews, pistachios, macadamia nuts, peanuts, pine nuts
- Sunflower seeds, sesame seeds, poppy seeds, pumpkin seeds
- Hemp hearts
- Avocados

Dairy

- Greek yogurt – 2%
- Flavored yogurt (to be mixed with Greek) – 2 %
- Baby bell cheese
- Goat's cheese
- Low fat mozzarella, cheddar or Swiss

Eggs

- Omega 3 or organic eggs
- Egg whites

Meats

- Light tuna or salmon packed in water
- Wild salmon
- Tilapia
- Haddock
- Shrimp
- Nitrate free chicken or turkey (ask for low sodium meats)
- Chicken or turkey breast
- Ground chicken or turkey
- Ground beef

Beans- 1/2 cup maximum per day – not at night

- Chickpea
- Black beans
- Lentils
- Navy beans
- Edamamme (soy beans – purchase shelled in frozen food section)

Tea

- Green tea
- Celestial seasoning Bengal spice tea (great for cravings!)
- Berry teas, mint tea etc.

Other

- Mustard
- Salsa
- Healthy bars (kashi, bounce, Genuine Health or simply bars)
- Spices and fresh herb (i.e., dill, basil, cilantro)

- All natural vanilla
- Coconut sugar
- Chicken soup broth and/or vegetable broth
- Fresh garlic
- Nori
- Organic coffee
- Matcha
- Coconut milk or almond milk for smoothies
- Collagen protein to add to smoothies or coffee