



Fat Loss Factor Grocery List

CARBOHYDRATES

COMPLEX/STARCHY

oats
 grits/cream of wheat
 wild rice
 jasmine rice
 basmati rice
 brown rice
 100% whole grain
 pasta/rice pasta
 rice cakes
 whole grain crackers
 buckwheat/rye
 unprocessed soy
 100% whole grain
 bread/sprouted bread

STARCHY VEGGIES

yams
 sweet potatoes
 red/white potatoes
 beans,lentils,legumes
 corn
 peas

NATURAL SIMPLE

apples (all kinds)
 berries (all kinds)
 strawberries
 blueberries
 blackberries
 raspberries
 grapes
 grapefruit
 kiwi
 lemons
 limes
 pineapple
 pears
 mangoes
 nectarines
 oranges
 peaches
 plums
 watermelon
 cantaloupe

BEANS

(protein&carb)
 white
 lima
 chickpeas
 navy
 pinto
 kidney
 fresh soy
 red beans
 black beans
 hummus

NUTS

(protein&fat)
 almonds
 walnuts
 pine nuts
 hazel nuts
 cashews

SEEDS

(protein&fat)

DAIRY

(protein & fat)
 raw milk
 organic 2% milk
 low-fat cottage cheese
 organic cheese
 low-fat sour cream
 butter
 yogurt butter
 natural vanilla/plain
 yogurt

SWEETENERS

unrefined maple syrup
 honey
 stevia/stevia plus
 raw cane sugar

BEVERAGES

water(reverse osmosis,
 spring, filtered)
 fresh fruit or vegetable





squash

carrots

FIBROUS VEGGIES

alfalfa

artichoke

arugula

beans sprouts

bamboo shoots

broccoli

beets

brussel sprouts

cabbage (red, green)

celery

cauliflower

cucumber

green beans

kale/mustard greens

lettuce (all kinds)

onions

parsley/cilantro

pepper (all kinds)

okra

PROTEINS

RED MEAT

from organic grass-fed

beef/no antibiotic no

hormones

venison/deer

lean ground beef

lean cuts/steak

POULTRY

from organic free-range

no antibiotic/hormone

chicken breast

ground chicken

turkey breast

ground turkey

FISH

wild caught

salmon(not atlantic)

tuna

mahimahi

swordfish

whitefish

pumpkin

sunflower

sesame

flax

hemp

lentils

FATS

extra virgin olive oil

coconut oil

omega 3 fish oil

cod liver oil

flax seed oil

borage oil

evening primrose oil

krill oil

avocados

natural coconut flakes

CONDIMENTS

almond butter

tahini

100% fruit jelly

100% butter

juices

herbal tea

almond milk/rice milk

SUPPLEMENTS

100% whey protein powder

(chocolate or vanilla)

hemp protein

organic fiber

greens powder

multi vitamin

ground flax sprout





EAT LOSS FACTOR

mushrooms

radishes

seaweed

swiss chard

snow peas/snap peas

spinach

string beans

tomato

turnips

watercress

wheatgrass

zuchini

bok choy

sea bass

grouper

snapper

trout

mackerel

halibut

rainbow trout

sardines

EGGS

from organic free-range

chickens no antibiotic/

no hormone (eggland)

eggs

apple cider vinegar

braggs liquid aminos

ginger

vinegrette

all natural salsa

all natural hot sauce

spices without msg

olive oil based

chemical free dressings

natural peanut butter

herbs

ketchup(w/out hfcs)

