

**CNP Shopping List**

Drinks: Coffee, tea, water, diet soda, apple cider vinegar, lactose free soy milk, diet V8 splash, Brisk 0 sugar orangeade, Crystal Light, Powerade and any 0 calorie- 0 sugar- 0 fat drink

Protein Shakes: EAS Carb Control, Muscle Milk Lite, Whey Protein, Pure Pro, Isopure, Pure Protein, New Whey

Bread Like: Melba toast, Grissini bread sticks, Wasa crackers, Finn crisps, Gilda toast, Gilda Biscotti’s, La Tortilla low carb wraps, Mission low carb medium tortillas, Flatout- light flat breads and wraps

Bars: Extend Bars, Atkins, Quest, Pure Protein, One Bar

Fruits: Apples, grapefruit, strawberries, pears, peaches, nectarines, blueberries, blackberries, tangerines, lime, lemons, cantaloupe, cherries, plums

Protein: Chicken breasts, beef, fish, lobster, shrimp, scallops, pork, eggs, canned tuna, oysters, Tyson and Perdue pre-cooked chicken slices, egg beaters, turkey, ham, chicken (sandwich meats), egg whites

Breakfast: Just Crack an Egg, Atkins Omelets, Special K Quiche

Yogurt: Dannon Lite and Fit Carb Control (low carb/low fat)

Salad Dressings: Wishbone sprays, Walden Farms, many low fat- guide: 2 tablespoons= 70 calories or less, net carbs < 7 grams

Condiments: No fat 1/2 and 1/2, Walden Farms mayo, Kraft low fat mayo, I Can’t Believe It’s Not Butter Spray, low carb salsa, sugar free ketchup, Heinz chili sauce, PAM, soy sauce, Coffeemate original, garlic, salt, pepper, all spices that have no sugar

Snacks: No sugar Jell-O, No sugar no fat chocolate Jell-o, Walden Farms peanut butter, Walden Farms chocolate, Philly Swirl, Murray sugar free cookies, International Coffees (sugar and fat free), Gensoy chips, Jenny’s Soy Chips, Smuckers chocolate and strawberry no sugar spreads, fudgsicles, Halo Top, Quest protein chips, fruit, creamsicles, Extend bar, dill pickles (no nuts, no seeds)

Vegetables: Spinach, lettuce, cabbage, asparagus, onions, celery, broccoli, radishes, brussel sprouts, green beans, beets, squash, tomatoes, kale, bean sprouts, hearts of palm, zucchini, egg plant, peppers, bok choy, cauliflower, pumpkin, cucumbers, artichoke, no avocado.

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