

Yates Weight Loss SHOPPING LIST

Fruit:

Raspberries
Blueberries
Strawberries
Blackberries
Lemons
Limes

Vegetables: Leafy Greens

Spinach
Lettuce
Chard
Arugula
Spring Mix

Brassicas

Broccoli
Cauliflower
Kale
Cabbage
Brussel Sprouts
Bok Choy

Nightshades

Tomatoes
Eggplant
Bell Peppers
Hot Peppers
Okra

Cucurbits

Cucumber
Zucchini
Summer Squash

Allium

Onions
Leeks
Shallots
Garlic

For a good produce purchasing guide,
reference the EWG's Dirty Dozen
Shopper's List:
<https://www.ewg.org/foodnews/dirty-dozen.php>

Miscellaneous

Asparagus
Green Beans
Celery
Daikon
Radish
Fennel
Water Chestnuts
Bamboo Shoots
Bean Sprouts
Mushrooms

Animal Protein

Eggs
Chicken & Poultry
Beef
Duck
Lamb
Wild Game
Organ Meats
Pork*

* = Because many pork products are
highly processed with cheap chemical
preservatives, bacon, lunch meats, cold
cuts, and dried meats are not approved.
Beef can be equally tricky so make sure
to read labels: Locally butchered
sausage with few ingredients, unlike
most breakfast sausage, are permitted.
Ideally all farmed meat would be organic
or at least antibiotic free.

Haddock

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Wild Pacific Salmon
Sardines
Shrimp

For a comprehensive seafood guide,
please reference the EWG's Safe Fish
List: ewg.org/safe-fish-list

Raw* Seeds

Raw Pumpkin Seeds
Raw Sunflower Seeds
Sesame Seeds
Flax Seeds
Chia Seeds

* = Unroasted / unseasoned

Raw* Nuts

Raw Almonds
Raw Walnuts
Raw Pecans
Raw Cashews
Raw Peanuts
Raw Pine Nuts
Raw Macadamia Nuts
Raw Brazil Nuts
Raw Pistachios
Raw Hazelnuts

* = Unroasted / unseasoned

Fermented Foods

Pickles
Kimchi
Sauerkraut
Capers
Olives

Condiments & Dips

Ground Mustard
Yellow Mustard
Dijon Mustard
Full-fat Mayonnaise

Hot Sauce	☐
Guacamole	☐
Baba Ganoush	☐
Horseradish	☐

BPA-free Cans

Canned Tomatoes*	☐
Tomato paste*	☐
Tomato sauce*	☐
Pasta sauce*	☐

* = Unsweetened

Baking Needs

Almond Flour	☐
Coconut Flour	☐
Flaxseed Meal	☐
Psyllium Husk/Powder	☐
Baking Soda	☐
Baking Powder	☐
Cacao Powder	☐
Shredded Coconut*	☐
Vanilla Extract/Powder	☐
Almond Extract	☐
Mint Extract	☐
Cream of Tartar	☐
Stevia (liquid or powder)	☐

* = Unsweetened

Dairy (If you're not sensitive)

Cream	☐
Skyr Brand Greek Yogurt	☐
Ghee	☐
Kefir	☐
Butter	☐
Cheese	☐
Full-fat Sour Cream	☐
Full-fat Cream Cheese	☐
Full-fat Cottage Cheese	☐

Ideally, all dairy would be grass-fed and organic, or at least antibiotic free. Keep an eye on the sugar content in all dairy, especially yogurt (Skyr brand is best)

Dairy Alternatives

Nutritional Yeast	☐
similar to parmesan cheese	
Coconut/Almond/Cashew	☐
Milk Beverage*	☐
Coconut Creamer*	☐
Coconut/Almond Yogurt*	☐
Canned Coconut Milk	☐
Canned Coconut Cream	☐

* = Unsweetened

Oils

Coconut Oil	☐
Avocado Oil	☐
Grapeseed Oil	☐
Olive Oil*	☐
Flax seed Oil*	☐
Sesame Oil*	☐

* = Not intended for high heat / best used as dressings

Vinegars

White Wine Vinegar	☐
Red Wine Vinegar	☐
Coconut Vinegar	☐
Apple Cider Vinegar	☐
Rice Vinegar	☐

Specialty

Kelp or Konjac Noodles	☐
Konjac Rice	☐
Coconut Aminos	☐
soy sauce alternative	
Fish Sauce	☐
GF Worcestershire Sauce	☐
Chicken Broth	☐
Beef Broth	☐

Vegetable Broth	☐
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Spices & Herbs

Cilantro/Coriander	☐
Basil	☐
Ginger	☐
Parsley	☐
Oregano	☐
Chives	☐
Rosemary	☐
Thyme	☐
Sage	☐
Cinnamon	☐
Turmeric	☐
Nutmeg	☐
Cloves	☐
Cardamom	☐
Mint	☐
Saffron	☐
Dill	☐
Bay Leaves	☐
Cumin	☐
Sea/Kosher Salt	☐
Black Pepper	☐
Allspice	☐
Chinese 5-spice	☐
Marjoram	☐
Cayenne*	☐
Red Pepper Flakes*	☐
Chili Powder*	☐
Paprika*	☐

*Omit if nightshade free

This list is by no means comprehensive so if you're looking for something you think might be low in carbs, first check the client portal - and if you still can't find it - ask Matt to approve. We've purposefully left some of the more obscure food items off this list to keep things brief.