



## NUTRITION GUIDE



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## **RULE #1 OF GROCERY SHOPPING:**

**Do not go to the grocery store  
HUNGRY!**

Before you go, consider  
eating one of the following  
meals or snacks:

**Breakfast:** Oatmeal with berries,  
walnuts and soy milk

**Lunch:** Sandwich on whole  
wheat bread and a small apple

**Dinner:** Fajitas with grilled  
vegetables and protein served  
with corn tortillas

### **Snack Ideas:**

- Apple with peanut butter
- Hummus with carrots and  
cucumber slices
- High protein yogurt & granola
- Trail mix, protein bar, or  
smoothie



## RULE #2 OF GROCERY SHOPPING:

### Have a plan!

Before you go, create a weekly menu so that you know which ingredients are needed.

*Consider these options:*

**Meatless Monday:** Red lentil curry with rice and green salad

**Taco Tuesday:** Tacos with protein of choice along side zucchini and a side of beans

**Pasta Wednesday:** Protein pasta with marinara sauce and a side of steamed broccoli

**Tofu Thursday:** Pan fried tofu served with brown rice and mixed vegetables

**Pizza Friday:** Pizza of choice served with a large green salad



## **RULE #3 OF GROCERY SHOPPING:**

**Plan for BALANCED  
meals and snacks!**

As you shop, use these  
guidelines to balance all  
meals and snacks:

### **Meals Contain:**

3-4 servings of carbohydrate

3-4 servings of protein

1-2 servings of fat

Non-starchy vegetables (unlimited)

### **Snacks Contain:**

1-2 servings of carbohydrate

1-2 servings of protein

Non-starchy vegetables (unlimited)

**Shopping Guide below is  
organized by categories:**

Carbohydrates, Proteins, Fats &  
Non-starchy vegetables

# CARBOHYDRATES

## Fruit

berries  
bananas  
apples  
oranges  
watermelon  
mango  
grapes  
cherries  
other fruits you enjoy

## Milk/Yogurt

Milks & alternatives:  
soy milk, coconut milk,  
almond milk, oat milk,  
pea protein milk

Yogurt & Non-dairy  
yogurt: (high protein  
yogurt including Greek  
counts as a protein)

## Grains

rice  
quinoa  
pasta  
bread/buns/rolls  
tortillas  
crackers  
oats/cereal  
breadcrumbs  
other grains you enjoy

## Starchy Vegetables

potatoes  
yams  
corn  
winter squash  
peas  
beetroot  
parsnips  
other grains you enjoy

**See page 9 for clarifications/pointers**

# PROTEINS

## Plant Based Protein Sources

tofu/tempeh  
lentils  
beans  
peanut/almond butter  
nuts/seeds  
seitan  
meat alternatives  
other protein you enjoy

## NOT Plant-Based

salmon  
tuna  
eggs  
chicken  
turkey  
reduced fat cheese  
Greek yogurt  
other protein you enjoy

# FATS

avocado oil  
olive oil  
safflower oil  
avocados  
tahini  
butter/alternatives  
nuts/seeds  
nut butters  
ground flax seeds  
other fats you enjoy

# CONDIMENTS

salsa  
mustard  
ketchup  
hot sauce  
pesto  
soy sauce  
salad dressing  
honey/agave  
nutritional yeast  
other choices you enjoy

**See page 9 for clarifications/pointers**

## OTHER FOODS

Don't forget about these foods which you may need for cooking, baking or snacking!

herbs/spices  
flour  
cooking spray  
maple syrup  
vanilla extract  
baking soda  
baking powder  
cocoa powder  
vinegar  
tomato paste/crushed tomatoes  
canned pumpkin  
low sodium broth  
canned coconut milk  
kimchi/pickled vegetables  
apple sauce  
hummus  
olives  
seaweed  
protein powder/bars  
coffee/tea  
other choices you enjoy

**See page 9 for clarifications/pointers**



## Non-starchy vegetables

These are UNLIMITED and  
should be included in meals and  
snacks whenever possible.

dark leafy greens like spinach, kale and collard  
salad greens  
broccoli  
cauliflower  
cabbage  
asparagus  
zucchini  
spaghetti squash  
mushrooms  
onions  
garlic  
cucumbers  
Brussels sprouts  
alfalfa sprouts  
bean sprouts  
carrots  
tomatoes  
artichokes  
eggplant  
jicama  
peppers  
radishes  
celery  
other non-starchy vegetables you enjoy



# FAQ

Let's clarify a few commonly asked nutrition questions:

1. Since nuts and seeds are high in both protein and fat, they count as a protein or fat choice.
2. Beans, lentils, chickpeas, and peas are high in protein and carbohydrates, thus they can count in either category. (Be mindful of other foods on your plate if they are counted as your protein.)
3. Greek yogurt and high protein yogurts are counted as protein. Other yogurts count as a carbohydrate. Be sure to review the label.
4. The foods listed in this guide are a great starting point, however, these are not the only foods you can eat. The enjoyment of food is a very important component of nutrition!
5. This list does not constitute personalized professional advice or a substitute for treatment, it is for informational and educational purposes only.

## LET'S TALK ABOUT:

- \*portion sizes
- \*recipes
- \*meal prep
- \*moderation
- \*nutrients
- \*sweets
- \*weekends
- \*weight loss
- \*blood sugar
- \*blood pressure
- \*cholesterol
- \*gut health
- \*special diets
- \*veganism
- \*vegetarianism
- \*metabolism
- \*cancer
- \*wellness
- \*longevity
- \*intuitive eating
- \*mindfulness
- \*no dieting



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recipe resources and to schedule a  
consultation!

