

Whole Foods Grocery List:

Meats/Protein:

lean beef (preferably organic, grain fed), pork, chicken breast, lamb, seafood, fish, eggs

Vegetables:

Any quantity of any type EXCEPT carrots, corn, peas, beets, or potatoes (all are full of sugar and/or starch)

Dairy:

low fat milk and low fat dairy such as cottage cheese or sugar free yogurt, soy milk and almond milk.

Nuts:

Any type of nut but limit peanuts and peanut products

Foods to avoid or limit:

Rice	Sugar
Pasta	Fructose/Sucrose
Bread	Corn syrup
Rolls	Corn
Tortillas	Carrots
Cookies	Peas
Chips	Beets
Fruit Juice	Potatoes

Cereals (except high fiber and low or no sugar. *Be sure to read ingredient label, and avoid ANYTHING with High Fructose Corn Syrup)