

LOW CALORIE GROCERY LIST

Proteins (Lean)

- Skinless chicken breast
- Turkey breast
- Tuna (in water)
- Egg whites
- Tofu
- Low-fat Greek yogurt

Dairy & Alternatives

- Skim milk
- Low-fat cheese
- Almond milk (unsweetened)

Snacks (Low Calorie)

- Rice cakes
- Air-popped popcorn
- Sugar-free jelly

Fruits (Lower Calorie Options)

- Apples
- Berries
- Oranges
- Melon
- Papaya

Drinks & Extras

- Green tea
- Black coffee
- Herbs & spices
- Lemon / lime

Healthy Fats (Use Sparingly)

- Olive oil
- Avocado
- Nuts / seeds

Vegetables (Low Calorie)

- Spinach
- Lettuce
- Cabbage
- Broccoli
- Cauliflower
- Zucchini
- Cucumbers
- Bell peppers
- Carrots

Carbohydrates (Light Portions)

- Oats
- Brown rice
- Quinoa
- Sweet potatoes