

Fat Loss

Grocery List

Vegetables

- Spinach
- Lettuce
- Broccoli
- Cauliflower
- Green beans
- Zucchini
- Cabbage
- Bell peppers

Fruits

- Apples
- Berries
- Oranges
- Melon
- Papaya

Lean Proteins

- Chicken breast
- Turkey
- Fish
- Tuna (in water)
- Eggs / Egg whites
- Tofu / Tempeh
- Low-fat Greek yogurt

Drinks & Extras

- Water
- Green tea
- Black coffee
- Herbs & spices
- Low-calorie sauces

Healthy Fats

- Olive oil
- Avocado
- Nuts / seeds
- Nut butter

Smart Carbs

- Oats
- Brown rice
- Quinoa
- Sweet potatoes
- Whole-grain bread

Snacks

- Boiled eggs
- Greek yogurt
- Fruit
- Protein bars