

LOSE YOUR

FINAL

15



**F-15
Phase 1
Grocery
List**

F-15 Grocery List, Phase 1

PANTRY ITEMS AND STAPLES (FOR ALL WEEKS, ALL PHASES)

Almond extract	Ezekiel 4:9 sprouted 100% whole grain bread
Almond butter (Barney Butter, crunchy or smooth)	Ezekiel sprouted grain cinnamon raisin bread
Almonds, raw	Fat-free Italian dressing
Amazing Grass Organic Wheat Grass Powder	Flaxseeds (ground)
Balsamic vinegar	Fresh basil (bunch)
Beef broth, fat-free, low-sodium	Fresh dill (bunch)
Black bean spaghetti (Explore Asian; available at Whole Foods and online at explore-asian.com and amazon.com)	Fresh mint
Black rice (Nature's Earthly Choice)	Fresh thyme
Canned artichokes	Garlic powder
Canned bamboo shoots	Grated Parmesan cheese
Canned black beans	Green tea bags
Canned capers	Ground black pepper
Canned olives	Ground cinnamon
Canned tuna, packed in water	Ground coriander
Chamomile tea	Hemp protein concentrate (Manitoba Harvest Hemp Pro 70)
Chicken broth, fat-free, low-sodium	Hummus
Chili powder	Kalamata olives
Classico Sun-Dried Tomato Pesto	Lentils
Coconut milk (unsweetened)	Matcha green tea powder (Teavana brand available online at teavana.com and amazon.com)
Coconut oil	Mayonnaise (reduced fat, made with olive oil)
Cornstarch	Milk (1%)
Curry powder	Mustard (Dijon)
Dried basil	Olive oil (cold pressed, extra virgin)
Dried oregano	Olive oil cooking spray (Pam)
Dried rosemary	Paprika
Dried thyme	Peanut butter
Eggs	

Pecans (unsalted)
Pumpkin seeds (unsalted)
Red curry paste, Thai brand
Red quinoa (Nature's Earthly Choice)
Red wine vinegar
Sabra Roasted Pine Nut Hummus
Sabra Roasted Red Pepper Hummus
Salt
Sesame oil (toasted, pure)
Sesame seeds
Soy sauce (reduced sodium)

Sriracha chili sauce
Stewed tomatoes
Teriyaki marinade, reduced sodium
Thai chili garlic paste
Trans fat-free buttery spread
Vanilla extract
Walnuts
Whey protein concentrate
White balsamic vinegar (Alessi)
White table wine
Worcestershire sauce

PHASE I, WEEK I

MEATS AND FISH

Aidells Organic Chicken and Apple Sausage: 1 package (refrigerate or freeze unused sausages for future weeks)

Aidells Organic Sun-Dried Tomato Sausage: 1 package (refrigerate or freeze unused sausages for future weeks)

Boneless, skinless chicken breasts: 1 pound

Canadian bacon, extra lean: ¼ pound

Canned tuna, packed in water: 6 ounces

Cod: ½ pound

Haddock: ½ pound (or 1 pound if substituting halibut)

Halibut: ½ pound

Lean turkey salami: 4–6 ounces

Prosciutto di Parma: 1 package (4 ounces)

Roast turkey breast (sliced): ½ pound

Salmon: ½ pound

Shrimp: ½ pound

Trout: ¼ pound

Tuna (yellowfin): ¼ pound

DAIRY

Cheddar or Colby cheese (low fat): 1 ounce

Cottage cheese (1%): 2¼ cups

Greek yogurt (organic, nonfat, plain): 2 containers (5.3 ounces each)

Mozzarella cheese (part-skim, reduced fat) shredded: 1 ounce

Provolone cheese (reduced fat): 1 ounce

The Laughing Cow spreadable cheese: 1 box

Yogurt (organic, low fat, plain): 1 container (4 ounces)

FRUITS AND VEGETABLES

Asparagus: 1 pound

Avocado: 1

Baby carrots: 1 cup

Bell pepper: 1

Broccoli: $\frac{1}{2}$ pound

Butterhead lettuce: 1 head

Carrots: 2

Cauliflower: 1 small head

Celery: 1 bag

Cucumbers: 2

Fresh spinach: 2 large bunches or 2 bags (5 ounces each)

Garlic: 2 heads

Green leaf lettuce: 1 head

Kale: $\frac{1}{2}$ –1 pound

Lemons: 10

Mixed greens: 14 cups

Mushrooms: 2 cups

Onions: 2

Radishes: 5

Scallions: 3

Spaghetti squash: 1

Tomatoes (cherry): $4\frac{1}{2}$ cups

Tomatoes (Italian or plum): 6

Zucchini: 2

PHASE I, WEEK 2

MEATS AND FISH

Aidells Organic Chicken and Apple Sausage: 1 package (or use the previously bought package)

Boneless, skinless chicken breast: $\frac{3}{4}$ pound

Canadian bacon, extra lean: $\frac{1}{4}$ pound

Canned tuna, packed in water: 6 ounces

Cod: $\frac{1}{2}$ pound

Haddock: $\frac{1}{4}$ pound

Halibut: $\frac{1}{4}$ pound

Lean short-loin porterhouse steak: $\frac{1}{4}$ pound

Lean turkey salami: $\frac{1}{2}$ pound (refrigerate excess for future use)

Orange roughly: $\frac{1}{2}$ pound

Roast turkey breast (sliced): $\frac{3}{4}$ pound

Salmon: $\frac{1}{2}$ pound

Shrimp: $\frac{1}{4}$ pound

Trout, smoked: $\frac{1}{4}$ pound

DAIRY

Cheddar or Colby cheese (low fat): 1 ounce	Greek yogurt (organic, nonfat, plain): 1 container (5.3 ounces)
Provolone cheese (reduced fat): 2 ounces	The Laughing Cow spreadable cheese: 1 box
Cottage cheese (1%): 5 cups	Yogurt (organic, low fat, plain): 1 container (4 ounces)

FRUITS AND VEGETABLES

Asparagus: 3 pounds	Kale: 3½ cups
Avocado: 2	Lemons: 10
Baby carrots: 1 cup	Lettuce leaves: 4
Bell pepper: 1	Mixed greens: 1½ pounds
Broccoli: 1¼ cups	Mushrooms: 2½ cups
Butterhead lettuce: 1 head	Onions: 3
Carrots: 3	Radishes: 4
Cauliflower: 2 cups	Scallions: 3
Celery: 1 head	Spaghetti squash: 1
Cucumber: 3	Swiss chard: 1 cup
Fresh spinach: 6½ cups	Tomatoes (cherry): 4½ cups
Garlic cloves: 5	Tomatoes (Italian or plum): 6
Green beans: 2 cups	Zucchini: 2