

LOSE YOUR

FINAL

15



**F-15
Phase 2
Grocery
List**

F-15 Grocery List, Phase 2

PANTRY ITEMS AND STAPLES

See list in Phase 1 (page 103)

PHASE 2, WEEK 1

MEATS AND FISH

Bacon (Hormel Black Label maple bacon): 1 slice	Lean turkey salami: 4 ounces
Beef flank steak: ½ pound	Prosciutto di Parma: 1 package
Boneless, skinless chicken breast: ½ pound	Roast turkey breast (sliced): ¾ pound
Canadian bacon, extra lean: ¼ pound	Salmon: ½ pound
	Shrimp: ½ pound
	Trout: ¼ pound

VEGGIE BURGERS

Dr. Praeger's Kale Veggie Burgers: 1 box

DAIRY

Almond milk (unsweetened): ½ cup	String cheese (part-skim mozzarella): 4 (small package)
Cottage cheese (1%): 3 cups	Yogurt (organic, low fat, plain): 3 containers (4 ounces each)
Feta cheese: 1½ ounces	
Greek yogurt (organic, nonfat, plain): 1 container (5.3 ounces)	
Provolone cheese (reduced fat): 1 slice (1 ounce)	
Parmesan cheese (reduced fat): ¼ pound (check your pantry list before putting this item in your basket)	

FRUITS AND VEGETABLES

Apples: 2	Mango: 1 large
Asparagus: 2 pounds	Mixed greens: 1½ cups
Avocado: ¾ cup	Mixed vegetables: ½ cup
Bananas: 3	Mushrooms: ½ cup
Bell peppers: 2	Orange: 1
Blueberries: ½ cup	Peaches (frozen): ½ cup
Broccoli: ½ cup	Pineapple: 2 slices
Brussels sprouts: 1 cup	Pomegranate seeds: ½ cup
Butterhead lettuce: 1 head	Portobello mushrooms: ½ cup
Cabbage (savoy): 1 small head	Red cabbage: ¼ cup
Carrots: 2	Red onion: 1 large
Celery: 1 head	Romaine lettuce: 2 cups
Chives: 1	Scallions: 2
Cucumbers: 4	Spaghetti squash: 1
Flat-leaf parsley: 1 bunch	Spinach (fresh): 4½ cups
Fresh ginger: 1 piece	Spinach (frozen): 1 package (10 ounces)
Garlic cloves: 5	Strawberries: 1 pint
Grapefruit (red): 1	Sweet potatoes: 2 small
Green beans: ¾ cup or 1 frozen package (10 ounces)	Tangerines: 2
Green leaf lettuce: 1 head	Tomatoes (cherry): 3 cups
Jalapeño pepper: 1	Tomatoes (Italian or plum): 4
Kale: 1¾ cups	Watermelon: 1 cup
Kiwifruit: 1	Zucchini: 1
Lemons: 10	

PHASE 2, WEEK 2

MEATS AND FISH

Boneless, skinless chicken breasts: 1 pound	Ground turkey (93% lean): ¼ pound
Canadian bacon, extra lean: 2 ounces	Haddock: ¼ pound
	Halibut: ¼ pound

Lean turkey salami: 4 ounces
Orange roughy: $\frac{1}{2}$ pound
Prosciutto di Parma: 2 slices
Roast turkey breast (sliced):
 $\frac{1}{3}$ pound

Salmon: $\frac{3}{4}$ pound
Salmon lox: 2 ounces

DAIRY

Almond milk (unsweetened): 1 pint
or quart
Cottage cheese (1%): 4 cups
Cheddar or Colby cheese (low fat):
2 ounces
Cream cheese (whipped, low fat):
2 tablespoons
Goat cheese: 1 ounce
Greek yogurt (organic, nonfat,
plain): 3 containers (5.3 ounces
each)

Provolone cheese (reduced fat):
1 slice (1 ounce)
Sargento reduced-fat Italian blend
shredded cheese: $\frac{1}{4}$ cup
String cheese (part-skim
mozzarella): 1 piece
Yogurt (organic, low fat, plain):
4 containers (4 ounces each)

FRUITS AND VEGETABLES

Apple: 1
Asparagus: 1 pound
Avocado: 1
Bananas: 2
Bell peppers: 1
Blueberries: $\frac{1}{2}$ cup
Bok choy: 2 cups
Broccoli: $1\frac{1}{2}$ cups
Brussels sprouts: $\frac{1}{2}$ cup
Butterhead lettuce: 1 head
Carrots: 1
Chives: 1
Cucumber slices: 3 cups
Fresh ginger: 1 piece

Garlic cloves: 9
Grapefruit: $\frac{1}{2}$
Grapes: 2 cups
Green leaf lettuce: 1 head
Kale: $4\frac{1}{2}$ cups
Kiwifruit: 3
Lemons: 10
Lettuce: 1 head
Mixed greens: 6 cups
Mushrooms: $\frac{1}{4}$ cup
Orange: 1
Peaches: 2
Pineapple: 1 cup plus 1 slice
Portobello mushrooms: $\frac{1}{2}$ cup

Red cabbage: 1 cup

Red onion: 1 large

Savoy cabbage: 2 cups

Scallions: 1

Spinach (fresh): 7 cups

Spinach (frozen): 1 package
(10 ounces)

Strawberries: 4 cups

Tangerines: 4

Tomatoes (cherry): 2½ cups

Tomatoes (Italian or plum): 2