

LOSE YOUR

FINAL

15



**F-15
Phase 3
Grocery
List**

F-15 Grocery List, Phase 3

PANTRY ITEMS AND STAPLES

See list in Phase 1

PHASE 3, WEEK 1

MEATS AND FISH

Aidells Organic Chicken and Apple Sausage: 1 package (or from package bought previously)	Nori (seaweed sushi wrap): 1 package (typically found in the international foods section of the grocery store)
Beef flank steak: $\frac{1}{2}$ pound	Roast beef (deli style): $\frac{1}{4}$ pound
Boneless, skinless chicken breast: $\frac{3}{4}$ pound	Roast turkey breast (sliced): $\frac{3}{4}$ pound
Canadian bacon, extra lean: $\frac{1}{4}$ pound	Salmon: 1 4 ounces
Haddock: $\frac{1}{4}$ pound	Salmon lox: 4 ounces
Lean turkey salami: 3 ounces	

DAIRY

Cheddar or Colby cheese (low fat): 4 ounces	Provolone cheese (reduced fat): 1 slice (1 ounce)
Cottage cheese (1%): $1\frac{3}{4}$ cups	String cheese (part-skim mozzarella): 1 (small package)
Feta cheese: $\frac{1}{4}$ cup	Yogurt (low fat, plain): 3 containers (4 ounces each)
Goat cheese: 1 ounce	
Greek yogurt (nonfat, plain): 1 container (5.3 ounces)	

FRUITS AND VEGETABLES

Apple: 1	Broccoli: 1 cup
Asparagus: $\frac{1}{2}$ cup	Brussels sprouts: 1 cup
Avocados: 2	Butterhead lettuce: 1 head
Bell pepper: 1	Carrots: 2
Blueberries: 1 cup	Cauliflower: 1 cup

Cucumber: 4
Flat-leaf parsley: 1 bunch
Garlic: 5 cloves
Grapes: ½ cup
Green beans: 2¾ cups
Green leaf lettuce: 1 head
Kale: 4 cups
Lemons: 10
Lettuce: 2 leaves
Mixed greens: 2 cups
Mushrooms: 2 cups
Onions: 2
Orange: 1
Peaches: 2

Pear: 1
Pomegranate seeds: ¼ cup
Portobello mushrooms: ½ cup
Red onion: 1
Romaine lettuce: 2½ cups
Scallions: 3
Spinach: 9¼ cups
Strawberries: 3¼ cups
Sweet potatoes: 2
Tangerine: 1
Tomatoes (cherry): 5¼ cups
Tomatoes (Italian or plum): 4
Watermelon: 1 cup

PHASE 3, WEEK 2

MEATS AND FISH

Aidells Organic Sun-Dried Tomato Sausage: 1 package (or from package bought previously)
Boneless, skinless chicken breast: ½ pound
Canadian bacon, extra lean: ½ pound
Flounder: ½ pound
Ground turkey (93% lean): ¼ pound
Haddock: ¼ pound
Halibut: ¼ pound
Lean beef loin steak: ¼ pound
Lean turkey salami: 4 ounces
Nori (dried seaweed sushi wrap): 1 piece
Prosciutto di Parma: 2 slices
Roast turkey breast (sliced): ½ pound
Salmon lox: ¼ pound
Shrimp: ½ pound
Trout: 2 ounces

DAIRY

Almond milk (unsweetened): ½ cup
Cheddar or Colby cheese (low fat): 1 slice (1 ounce)
Cottage cheese (1%): 6 cups
Greek yogurt (nonfat, plain): 2 containers (5.3 ounces each)
Monterey Jack cheese (low fat): 2 ounces

Part-skim (low-fat) mozzarella
cheese: 1 slice (1 ounce)

Provolone cheese (reduced fat):
1 slice (1 ounce)

String cheese (part-skim
mozzarella): 1 piece

Yogurt (low fat, plain): 3 containers
(4 ounces each)

FRUITS AND VEGETABLES

Apples: 2

Asparagus: 3 pounds

Avocados: 3

Banana: 1

Bell peppers: 2

Blueberries: $\frac{1}{4}$ cup

Bok choy: 1 cup

Butterhead lettuce: 1 head

Cabbage: 1 small head

Carrots: 3

Celery: 1 head

Chives: 1 tablespoon

Cucumber: 4

Fresh cilantro: 1 bunch

Fresh corn: 1 ear

Fresh ginger: 1 piece

Garlic cloves: 4

Grapefruit (pink): 2

Green beans: 2 cups

Green leaf lettuce: 1 head

Kale: $2\frac{1}{2}$ cups

Kiwifruit: 1

Lemons: 10

Lime: 1

Mango: $\frac{3}{4}$ cup

Mixed greens: 10 cups

Mushrooms: 1 cup

Onion: 1

Orange: 1

Peaches: 2

Pineapple: $1\frac{1}{4}$ cups

Portobello mushrooms: $\frac{1}{2}$ cup

Purple potatoes: 2 small

Red onion: 1 large

Scallions: 6

Spaghetti squash: 1

Spinach (fresh): 2 pounds

Spinach (frozen): 1 package
(10 ounces)

Strawberries: 1 quart

Sweet potatoes: 2 small

Tangerine: 1

Tomatoes (cherry): 2 cups

Tomatoes (Italian or plum): 5

Watermelon: 1 cup

Zucchini: 2