

UPDATED

GROCERY SHOPPING LIST

for Losing Weight ...

Dairy:

1. Reduced fat milk
2. Reduced fat cheese
3. Egg replacement product
4. Yogurt

Fruit:

5. Bananas
6. Oranges
7. Apples
8. Strawberries
9. Apricots
10. Bing cherries
11. Blueberries
12. Cantaloupe
13. Guava
14. Watermelon



Grains:

26. Whole wheat breads
25. Whole wheat sandwich buns
26. Whole wheat dinner rolls
27. Brown rice
28. Whole grain breakfast cereals
29. Whole wheat pasta
30. Steel cut oatmeal
31. Barley
32. Quinoa

Meat:

33. Lean ground beef
34. Skinless chicken breast

35. Turkey cutlets
36. Pork chops
37. Lean lunch meat
38. Canned light tuna, packed in water
39. Canned salmon

Snacks:

40. Light popcorn
41. Graham crackers
42. Nuts
43. Seeds
44. Trail mix
45. Applesauce
46. Canned fruits, packed in water
47. Vegetable chips, baked
48. Raisins
49. Pretzels
50. Granola bars



Vegetables:

15. Broccoli
16. Carrots
17. Legumes
18. Spinach
19. Pumpkin
20. Sweet potatoes
21. Tomatoes
22. Black beans
23. Onions
24. Avocados
25. Collard greens



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