

## SHOPPING PROGRAM

### Bread

1. Nature's Own Honey Wheat – Specialty



2. Nature's Own 100% Whole Grain Sugar Free



### Fruits

1. Seasonal List

### Vegetables

1. Seasonal List

## Peanut Butter

1. Skippy Natural



2. Central Market Peanut Butter

## Jelly/Preserves

1. Smucker's Organic Preserves (no high fructose corn syrup)



2. Other Brands with NO High Fructose Corn Syrup

## Milk

1. Whole or 2% Milk

## Yogurt

1. Nancy's Whole Milk Yogurt (Organic)



## 2. Brown Cow (All Natural)

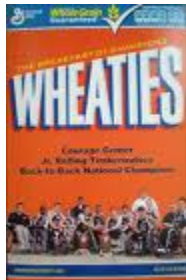


### Eggs

1. All Natural Cage Free (grade AA or A)

### Cereal

1. Wheaties



2. Multi-Grain Cheerios



### Meats

1. Fish (Wild Cold Water Fish)- Salmon, Tuna, Fresh Water Trout
2. Beef (Grass Fed)
3. Chicken (Free Range Chicken)
4. Pork
5. Deli Cuts- Ham, Chicken, Roast Beef (avoid too much turkey)

## Granola

1. Back to Nature- Cranberry Pecan Granola



2. Bear Naked Fit- Triple Berry Crunch



## Oils

1. Extra Virgin Olive Oil
2. Coconut Oil

## Salt

1. Unrefined Celtic Sea Salt

## Butter

1. Real Stick Butter (NO MARGARINE OR SOFT SPREAD)

## Snack Bars

1. Kashi TLC Soft-Baked Bars



2. No Identified Second Choice

## Cheese

1. Whole or 2%

## Rice

1. Texmati Light Brown Rice (no instant)



2. Whole Grain Brown or Wild Rice (no instant)

## Pasta

1. As Much Whole Wheat as Possible

## Flour

1. King Arthur Unbleached All-Purpose Flour



2. Gold Medal Unbleached All- Purpose Flour





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**Seasonal Fruit and Vegetable List**

**Winter – January, February**

<b>Avocados</b>	
<b>Broccoli</b>	
<b>Brussels Sprouts</b>	
<b>Cabbage</b>	
<b>Chinese Cabbage</b>	
<b>Cauliflower</b>	
<b>Celery Root</b>	
<b>Chicory</b>	
<b>Fennel</b>	
<b>Grapefruit</b>	
<b>Greens</b>	
<b>Wild Mushrooms</b>	
<b>Mandarin Oranges</b>	
<b>Sweet Oranges</b>	
<b>Pears</b>	
<b>Spinach</b>	
<b>Sweet Potatoes</b>	



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**Spring – March, April, May**

<b>Asparagus</b>	
<b>Avocados</b>	
<b>Basil</b>	
<b>Beans</b>	
<b>Beets</b>	
<b>Berries</b>	
<b>Broccoli</b>	
<b>Cabbage</b>	
<b>Chinese Cabbage</b>	
<b>Cucumbers</b>	
<b>Radish</b>	
<b>Head or Iceberg Lettuce</b>	
<b>Mangoes</b>	
<b>Okra</b>	
<b>Sweet Oranges</b>	
<b>Papayas</b>	
<b>Peas</b>	
<b>Chile Peppers</b>	
<b>Sweet Peppers</b>	
<b>Rhubarb</b>	
<b>Shallots</b>	
<b>Spinach</b>	
<b>Summer Squash</b>	
<b>Turnips</b>	



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**Summer – June, July, August**

<b>Apricots</b>	
<b>Basil</b>	
<b>Beans</b>	
<b>Beets</b>	
<b>Berries</b>	
<b>Cherries</b>	
<b>Corn</b>	
<b>Cucumbers</b>	
<b>Dates</b>	
<b>Figs</b>	
<b>Grapes</b>	
<b>Mangoes</b>	
<b>Melons</b>	
<b>Okra</b>	
<b>Peaches</b>	
<b>Chile Peppers</b>	
<b>Sweet Peppers</b>	
<b>Plums</b>	
<b>Summer Squash</b>	
<b>Tomatoes</b>	
<b>Watermelon</b>	



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**Fall – September, October, November**

<b>Apples</b>	
<b>Broccoli</b>	
<b>Brussels Sprouts</b>	
<b>Cabbage</b>	
<b>Chinese Cabbage</b>	
<b>Cauliflower</b>	
<b>Celery Root</b>	
<b>Chicory</b>	
<b>Cranberries</b>	
<b>Dates</b>	
<b>Fennel</b>	
<b>Grapes</b>	
<b>Greens</b>	
<b>Head or Iceberg Lettuce</b>	
<b>Leaf Lettuce</b>	
<b>Mushrooms</b>	
<b>Nuts</b>	
<b>Okra</b>	
<b>Mandarin Oranges</b>	
<b>Pears</b>	
<b>Chile Peppers</b>	
<b>Sweet Peppers</b>	
<b>Persimmons</b>	
<b>Pomegranates</b>	
<b>Quince</b>	
<b>Shallots</b>	
<b>Spinach</b>	
<b>Winter Squash</b>	
<b>Star Fruit</b>	
<b>Sweet Potatoes</b>	