

FITTEAM SHOPPING LIST

Dairy Section

- Egg whites (= to 3 per breakfast)
- Eggs (2 per breakfast or snack)
- Fat-free milk (1/2 cup per breakfast)
- Non-fat Greek yogurt (6 oz per breakfast or lunch)
- Low-fat cottage cheese (1/2 cup per snack)
- Reduced-fat shredded cheese (1/4 cup per breakfast)
- String cheese (80 cal/ 7g protein) (1 stick per snack)

Produce Section

- Apple (1 medium per breakfast)
- Asparagus (1 cup per dinner)
- Avocado (1/4 cup per lunch or snack)
- Baby spinach (1 cup per dinner)
- Banana (1/2 per dinner)
- Broccoli (1 cup per dinner)
- Carrots (optional)
- Celery sticks (snack)
- Cucumber (optional)
- Green beans (1 cup per dinner)
- Kale (1 cup per dinner)
- Lettuce (optional)
- Red onion (optional)
- Red pepper (optional)
- Tomato (optional)

Dairy Section

- Blueberries (unsweetened) (1/2 cup per breakfast)
- Strawberries (unsweetened) (1/2 cup per breakfast)
- Veggie Burgers (2 patties per lunch)

Cereal Section

- Old Fashioned Oats (1/2 cup per breakfast)

Notes:

Bakery Section

- Whole-wheat bread (1 slice per breakfast, 2 per lunch)
- Whole-wheat tortilla (1 per lunch or dinner)
- Whole-wheat english muffin (1 per breakfast)

Deli Section

- Deli mustard (to taste)
- Low sodium turkey breast (5 oz per lunch)
- Roast beef (5 oz per lunch)

Meat Section

- Chicken Breast (6 oz per lunch or dinner)
- Ground turkey (6 oz patty per dinner)
- Salmon (6 oz per dinner)
- Sirloin steak (6 oz per dinner)
- Tuna in water (5 oz/can)

Specialty Section

- Almond milk unsweetened (8 oz per breakfast)
- Tofu (1 cup per dinner)
- Raw almonds (1/8 cup per snack)
- Salsa (to taste)
- Hot sauce (to taste)
- Natural peanut butter (1 Tbsp per breakfast or snack)
- Raisins (1/8 cup per breakfast)

Oil and spices

- Mrs. Dash (0 cal/low sodium) (to taste)
- Extra virgin olive oil (1 1/2 tsp per lunch or dinner)
- Cinnamon (to taste)
- Spray oils like PAM
- Red wine vinegar (1 Tbsp per lunch or dinner)