

Grocery List for Weight Loss

PATIENT INFORMATION

Name: _____ Date of Birth: _____ dd / mm / yyyy
Height: _____ Weight: _____

HEALTH INFORMATION

Medical Conditions:

Allergies:

Current Medications:

Body Mass Index (BMI): _____ Target Weight for Healthy BMI: _____

Weight Loss Goal:

Activity Level: _____

FOOD LIST FOR WEIGHT LOSS

Vegetables: Broccoli, Spinach, Kale, Bell Peppers - 1 cup - Include in every meal

Fruits: Berries (Blueberries, Strawberries), Apples - 1 piece or 1 cup - 2 servings per day

Lean Proteins: Skinless Chicken Breast, Turkey, Tofu - 3-4 ounces - 2-3 servings per day

Whole Grains: Quinoa, Brown Rice, Oats, Whole Wheat Bread - 1/2 cup or 1 slice - 2-3 servings per day

Healthy Fats: Avocado, Olive Oil, Nuts, Seeds - 1/4 cup or 1 tablespoon - Use in moderation

Dairy or Alternatives: Greek Yogurt, Almond Milk, Low-fat Cheese - 1 cup or 1 ounce - 1-2 servings per day

Legumes: Lentils, Chickpeas, Black Beans - 1/2 cup - 2-3 servings per week

Hydration: Water, Herbal Tea, Infused Water - 8 cups or more per day - Throughout the day

Fish: Salmon, Tuna, Cod - 3-4 ounces - 2 servings per week

Vegetarian Protein: Quinoa, Lentils, Tofu, Edamame - 1/2 cup or 3-4 ounces - 2-3 servings per week

Vegetable Oils: Coconut Oil, Flaxseed Oil, Canola Oil - 1 tablespoon - Use in moderation

Low-Calorie Snacks: Carrot Sticks, Celery, Air-Popped Popcorn - Varies - Occasional

GROCERY SHOPPING LIST

Please use the space below to list specific items you plan to buy based on the recommended options above: