

GROCERY FOOD SELECTION LIST

Each option = 1 Serving

PROTEIN Serving | 1 Serving = 1 oz or specified measurement

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Whole egg - 1 each | <input type="checkbox"/> Cod - 1 oz | <input type="checkbox"/> Bison - 1 oz | <input type="checkbox"/> Skyr yogurt, non fat and reduced fat - 1/3 cup |
| <input type="checkbox"/> Egg Whites, whole - 2 each | <input type="checkbox"/> Halibut - 1 oz | <input type="checkbox"/> Buffalo - 1 oz | <input type="checkbox"/> Ricotta cheese, non fat and reduced fat - 1/4 cup |
| <input type="checkbox"/> Egg Whites, liquid - 1/4 cup | <input type="checkbox"/> Tilapia - 1 oz | <input type="checkbox"/> Sirloin steak - 1 oz | <input type="checkbox"/> Kefir, non-fat |
| <input type="checkbox"/> Egg substitute - 1/4 cup | <input type="checkbox"/> Tuna - 1 oz | <input type="checkbox"/> Tenderloin steak - 1 oz | <input type="checkbox"/> Fat free cheese - 1 each |
| <input type="checkbox"/> Tuna canned in water - 1 oz | <input type="checkbox"/> Sardines, canned - 2 | <input type="checkbox"/> Beef, ground round <90% fat, sirloin, tenderloin - 1 oz | <input type="checkbox"/> 1-2% milkfat cheese - 1 each |
| <input type="checkbox"/> Shrimp - 1 oz | <input type="checkbox"/> Orange roughy - 1 oz | <input type="checkbox"/> Turkey bacon, low fat - 3 slices | <input type="checkbox"/> Tofu - 4 oz |
| <input type="checkbox"/> Scallops - 1 oz | <input type="checkbox"/> Mahi Mahi - 1 oz | <input type="checkbox"/> Bone broth - 1 cup | <input type="checkbox"/> Tempeh - 1/4 cup |
| <input type="checkbox"/> Lobster - 1 oz | <input type="checkbox"/> Sole - 1 oz | <input type="checkbox"/> Chomps meat stick - 1 stick | <input type="checkbox"/> Edamame - 1/2 cup |
| <input type="checkbox"/> Clams - 1 oz | <input type="checkbox"/> Chicken breast - 1 oz | <input type="checkbox"/> Beef jerky - 1 piece | <input type="checkbox"/> Meatless ground - 2 each |
| <input type="checkbox"/> Mussels - 1 oz | <input type="checkbox"/> Turkey breast - 1 oz | <input type="checkbox"/> 1% Cottage cheese - 1/4 cup | |
| <input type="checkbox"/> Oysters - 1 oz | <input type="checkbox"/> Poultry without skin - 1 oz | <input type="checkbox"/> Greek yogurt, non fat and reduced fat - 1/3 cup | |
| <input type="checkbox"/> Salmon - 1 oz | <input type="checkbox"/> Pork, lean: loin, chop, ham - 1 oz | | |
| <input type="checkbox"/> Haddock - 1 oz | <input type="checkbox"/> Canadian bacon - 1 oz | | |
| <input type="checkbox"/> Flounder - 1 oz | | | |

STARCH Serving

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|--|--|--|
| Bread | Grains | <input type="checkbox"/> Potato, large, baked with skin - 1/4 (3 oz) |
| <input type="checkbox"/> Bread, whole-grain - 1 slice | <input type="checkbox"/> Couscous - 1/3 cup | <input type="checkbox"/> Potato, mashed - 1/2 cup |
| <input type="checkbox"/> Bread, reduced-calorie - 2 slices | <input type="checkbox"/> Pasta, cooked - 1/3 cup | <input type="checkbox"/> Pumpkin, canned - 1 cup |
| <input type="checkbox"/> Whole wheat English muffin - 1/2 | <input type="checkbox"/> Quinoa, cooked - 1/3 cup | <input type="checkbox"/> Spaghetti or pasta sauce - 1/2 cup |
| <input type="checkbox"/> Whole wheat bun - 1/2 | <input type="checkbox"/> Rice, cooked: white, brown - 1/3 cup | <input type="checkbox"/> Squash: acorn, butternut - 1 cup |
| <input type="checkbox"/> Whole wheat pita (6 inches across) - 1/2 | <input type="checkbox"/> Wild rice, cooked - 1/2 cup | <input type="checkbox"/> Succotash - 1/2 cup |
| <input type="checkbox"/> Tortilla, whole wheat (6 inches across) - 1 | Starchy vegetables | <input type="checkbox"/> Yam or sweet potato, plain - 1/2 cup (4 oz) |
| Legumes | <input type="checkbox"/> Corn - 1/2 cup | |
| <input type="checkbox"/> Beans - 1/2 cup | <input type="checkbox"/> Corn on the cob, large - 1/2 cob | |
| <input type="checkbox"/> Lentil - 1/2 cup | <input type="checkbox"/> Mixed vegetables with corn, peas or pasta - 1 cup | |
| | <input type="checkbox"/> Parsnips - 1/2 cup | |
| | <input type="checkbox"/> Plantain, ripe - 1/3 cup | |

DAIRY Serving

- Skim Milk - 1 cup
- 1% Milk - 1 cup
- Soy Milk, unsweetened - 1 cup
- Pea Protein Milk, unsweetened - 1 cup

FRUIT Serving

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|--|---|--|---|
| <input type="checkbox"/> Apple, small (2 inches across) - 1 (4 oz) | <input type="checkbox"/> Grapes, small - 17 (3 oz) | <input type="checkbox"/> Tangerines, small - 2 (8 oz) | <input type="checkbox"/> Prunes - 3 |
| <input type="checkbox"/> Apricots - 4 (5 1/2 oz) | <input type="checkbox"/> Kiwi - 1 (3 1/2 ounces) | <input type="checkbox"/> Watermelon, cubed - 1 1/4 cup (13 1/2 oz) | <input type="checkbox"/> Raisins - 2 tbsps |
| <input type="checkbox"/> Banana, extra-small - 1 (4 oz) | <input type="checkbox"/> Mango, cubed - 1/2 cup | | Canned fruit, unsweetened |
| <input type="checkbox"/> Blackberries, blueberries - 3/4 cup | <input type="checkbox"/> Nectarine, small - 1 (5 oz) | Dried fruit | <input type="checkbox"/> Applesauce, apricots, cherries, peaches, pears, pineapple, plums - 1/2 cup |
| <input type="checkbox"/> Cantaloupe, honeydew, papaya, cubed - 1 cup (11 oz) | <input type="checkbox"/> Orange, small - 1 (6 1/2 oz) | <input type="checkbox"/> Apples - 4 rings | <input type="checkbox"/> Grapefruit, mandarin oranges - 3/4 cup |
| <input type="checkbox"/> Cherries - 12 (3 oz) | <input type="checkbox"/> Peach, medium - 1 (6 oz) | <input type="checkbox"/> Apricots - 8 halves | |
| <input type="checkbox"/> Dates - 3 | <input type="checkbox"/> Pear, large - 1/2 (4 oz) | <input type="checkbox"/> Blueberries, cherries, cranberries, mixed fruit - 2 tbsps | |
| <input type="checkbox"/> Grapefruit, large - 1/2 (11 oz) | <input type="checkbox"/> Pineapple, cubed - 3/4 cup | <input type="checkbox"/> Figs - 1 1/2 | |
| | <input type="checkbox"/> Plums, small - 2 (5 oz) | | |
| | <input type="checkbox"/> Raspberries - 1 cup | | |
| | <input type="checkbox"/> Strawberries - 1 1/4 cup | | |

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Each option = 1 Serving

VEGETABLE Serving | 1 cup raw OR 1/2 cup cooked

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|---|--|---|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mung bean sprouts | <input type="checkbox"/> Sugar snap peas |
| <input type="checkbox"/> Artichoke hearts | <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chayote | <input type="checkbox"/> Okra | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Baby corn | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onions | <input type="checkbox"/> Tomato: raw, canned,
sauce, juice |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Asian radish or daikon | <input type="checkbox"/> Tomato sauce, no
added sugar |
| <input type="checkbox"/> Beans: green, Italian, wax | <input type="checkbox"/> Green onions or scallions | <input type="checkbox"/> Palmini noodles | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Greens: collard, kale, mustard,
turnip | <input type="checkbox"/> Pea pods | <input type="checkbox"/> Vegetable juice cocktail |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Jicama | <input type="checkbox"/> Peppers, all varieties | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Radishes | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Leeks | <input type="checkbox"/> Rutabaga | |
| <input type="checkbox"/> Cabbage: bok choy,
Chinese, green | <input type="checkbox"/> Mixed vegetables without
corn, peas or pasta | <input type="checkbox"/> Sauerkraut | |
| <input type="checkbox"/> Carrots | | <input type="checkbox"/> Soybean sprouts | |
| | | <input type="checkbox"/> Spinach | |

FAT Serving

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|--|--|--|---|
| <input type="checkbox"/> Olive oil - 1 tsp | <input type="checkbox"/> Mayonnaise, reduced
fat - 1 tbsp | <input type="checkbox"/> Macademia nuts - 3 | <input type="checkbox"/> Tahini Sauce - 2 tsp |
| <input type="checkbox"/> Coconut oil - 1 tsp | <input type="checkbox"/> Salad dressing, full fat - 1 tbsp | <input type="checkbox"/> Cashew nuts - 6 | <input type="checkbox"/> Black olives - 8 large |
| <input type="checkbox"/> Vegetable oil - 1 tsp | <input type="checkbox"/> Salad dressing, reduced fat
- 2 tbsp | <input type="checkbox"/> Brazil Nuts - 2 | <input type="checkbox"/> Green olives with pimiento
- 10 large |
| <input type="checkbox"/> Butter, full fat - 1 tsp | <input type="checkbox"/> Sour cream, full fat - 2 tbsp | <input type="checkbox"/> Hazelnuts - 5 | <input type="checkbox"/> Prosciutto - 1 oz |
| <input type="checkbox"/> Butter, reduced-fat - 1 tbsp | <input type="checkbox"/> Avocado - 2 tbsp | <input type="checkbox"/> Walnuts - 4 halves | <input type="checkbox"/> Hemp seeds - 1 tbsp |
| <input type="checkbox"/> Ghee - 1 tsp | <input type="checkbox"/> Nut butters - 1 ½ tsp | <input type="checkbox"/> Pecans - 4 halves | <input type="checkbox"/> Coconut - 2 tbsp |
| <input type="checkbox"/> Bacon, pork - 1 slice | <input type="checkbox"/> Almonds - 6 | <input type="checkbox"/> Pistachios - 16 | <input type="checkbox"/> Sour cream, reduced fat
- 3 tbsp |
| <input type="checkbox"/> Cream cheese, full fat - 1 tbsp | <input type="checkbox"/> Peanuts - 10 | <input type="checkbox"/> Pinenuts - 1 tbsp | |
| <input type="checkbox"/> Cream cheese, reduced fat
- 1 ½ tbsp | <input type="checkbox"/> Pumpkin seeds - 1 tbsp | <input type="checkbox"/> Chia seeds - 1 tbsp | |
| <input type="checkbox"/> Mayonnaise, full fat - 1 tsp | | <input type="checkbox"/> Flaxseeds - 1 tbsp | |
| | | <input type="checkbox"/> Sesame seeds - 1 tbsp | |

FREE Serving | Unlimited unless otherwise noted

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|---|---|---|---|
| <input type="checkbox"/> Pink Himalayan sea salt or
any salt | <input type="checkbox"/> Hot peppers | <input type="checkbox"/> Coconut aminos | <input type="checkbox"/> Walden Farm Syrup,
Sugar free |
| <input type="checkbox"/> Dry herbs, no added sugar | <input type="checkbox"/> Mustard | <input type="checkbox"/> Cocoa powder | <input type="checkbox"/> Unsweetened coffee |
| <input type="checkbox"/> Dry spices, no added sugar | <input type="checkbox"/> Dijon mustard | <input type="checkbox"/> Soy sauce | <input type="checkbox"/> Unsweetened tea |
| <input type="checkbox"/> Spice mixes, no added sugar | <input type="checkbox"/> All vinegar, except balsamic | <input type="checkbox"/> Stevia drops | <input type="checkbox"/> Shirataki Noodles |
| <input type="checkbox"/> Herb mixed, no added sugar | <input type="checkbox"/> Lemon juice | <input type="checkbox"/> Erythritol | <input type="checkbox"/> Miracle Noodles |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Lime juice | <input type="checkbox"/> Truvia | <input type="checkbox"/> Seaweed snack |
| <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Hot sauce, no added sugar | <input type="checkbox"/> Monk fruit | |
| | <input type="checkbox"/> Capers | <input type="checkbox"/> Xylitol | |

Diet Direct Meal Replacements

Biocare GLP-1 Beverage, Chocolate
Biocare GLP-1 Beverage, Strawberries & Cream

Diet Direct Protein Breakfast

Protein Oatmeal, Apple & Cinnamon	Protein Fruit Drink, Berry Blend
Protein Oatmeal, Maple Brown Sugar	Protein Fruit Drink, Cran-Grape
Low Carb Protein Cereal, Chocolate Peanut Butter	Protein Fruit Drink, Tangy Orange
Low Carb Protein Cereal, Cocoa	Protein Fruit Drink, Variety Pack
Low Carb Protein Cereal, Cinnamon	
Low Carb Protein Cereal, Honey Nut	
Low Carb Protein Cereal, Fruity	
Low Carb Protein Cereal, Variety Pack	
Protein Pancake & Waffle Mix, Blueberry	
Protein Pancake & Waffle Mix, Chocolate Chip	
Protein Pancake & Waffle Mix, Original	
Protein Pancake & Waffle Mix, Variety Pack	

Diet Direct Lunch & Soup

Protein Soup Mix, Chicken Bouillon	Protein Soup, Variety Pack
Protein Soup Mix, Chicken Noodle	Protein Soup, Minestrone
Protein Soup Mix, Cream of Broccoli	Protein Meal, Classic Sloppy Joe Mix
Protein Soup Mix, Cream of Chicken	Protein Meal, Zesty Vegetable Chili with Beans
Protein Soup Mix, Cream of Tomato	Instant Mashed Potatoes, Garlic
Protein Soup, Chicken Noodle	Instant Mashed Potatoes, Sour Cream & Chives
Protein Soup, Chicken & Vegetable Cream	
Protein Soup, Tomato	

Diet Direct Bars & Snacks

Meal Replacement Bar, Berry
Meal Replacement Bar, Vanilla
Protein Pretzels
Protein Cracker Snack Chips, Cheddar
Protein Cracker Snack Chips, Honey Mustard
Protein Snack Crisps, Party Mix
Protein Snack Crisps, Pizza
Popper Puff Snacks, Chocolate
Popper Puff Snacks, Caramel Peanut
Protein & Fiber Bar, Fluffy Nutter
Protein & Fiber Bar, Fluffy Vanilla Crisp
Protein & Fiber Bar, Fluffy Salted Toffee Pretzel
Protein & Fiber Bar, Fluffy S'more Crisp

Pea Protein Chips, Cool Ranch
Pea Protein Chips, Salt & Vinegar
Pea Protein Chips, Hickory BBQ
Protein Cookie, Chocolate Chip

Diet Direct Desserts

Protein Pudding Mix, Banana Delight
Protein Pudding Mix, Chocolate Chip with Marshmallows
Protein Pudding Mix, Dark Chocolate
Protein Pudding Mix, Lemon
Protein Pudding Mix, Toffee Crème
Protein Pudding Mix, Variety Pack
Protein Cake, Creamy Cheesecake
Protein Cake Mix, Double Chocolate
Protein Mug Cake, Blueberry
Protein Mug Cake, Chocolate
Protein Mug Cake, Chocolate Caramel
Protein Hot Chocolate, Chocolate
Protein Hot Chocolate, Chocolate with Marshmallows

Protein Cappuccino Mix, Original
Protein Cappuccino, Creamy Original
Protein Hot Chocolate, Creamy Original
Protein Hot Chocolate, Creamy Original with Marshmallows
Protein Hot Drink, Variety Pack