



Grocery List - Serving Size - Calories

This list will grow and be updated from time to time. Below find serving sizes and calorie counts. Of course this list includes most of the ingredients in my recipes but is way more than you need initially to get started. Condiments will be in the next post #19.

Chicken Breast 8 oz 240 calories (30 calories oz) (use a 5 oz breast and save 90 calories for something else)

Tilapia 5.5 ounce 200t calories (make sure the farm that grows the Tilapia isn't in China)

Shrimp 7 oz 150 calories (about 25 to 30 medium shrimp in 7 oz.) note: seafood saves an extra 40 to 90 calories over poultry for something else

ground beef 96% lean 5.5 oz 195 calories

Ribeye - 55 Calories an Ounce

T-Bone - 43 Calories Per Ounce

Salmon 5 oz. 152 calories

Grouper 7 oz 234 Calories

Cod Fish - 5 oz. 150 Calories

raw eggs large 70 calories

Ezekiel bread - low sodium 80 calories

if you can't find Ezekiel Bread or don't like it then try this bread:

Nature's Own Honey Wheat 40 calorie no sugar)

apples small 65 calories

orange small 85 calories

Bell Pepper - medium 35 Calories

Green Onions - 8 stalks 24 calories

1 cup broccoli raw 31 calories

1 cup squash raw 25 calories

1 cup zucchini raw 30 calories

cherry tomatoes cup 30 calories (I like these because you don't have to cut them up)

romaine lettuce cup 10 calories (I always use 2 or 3 cups as 1 vegetable with no downside)
Iceberg has no nutritional value, use romaine instead.

spinach cup 10 calories (same as romaine 2 to 3 cups)

Cabbage - 1 Cup 22 Calories (same as Romaine all U want)

1 cup green beans 25 calories

½ small potato 50 calories

Gourmet small Potatoes - 50 calories equivalent to half small potato

cucumber whole 45 calories (I cut up and mix with Italian salad dressing for a vegetable)

strawberries cup 50 calories (good fro breakfast)

¼ medium cantaloupe (2 slices cubed) 50 calories

1/2 grape fruit 50 calories (good for breakfast, I slice in half round 3/4 inch thick)
cut off top 1/2 inch and bottom half inch (peel), stand on one cut end, take knife down center, cut each half into 1/2 to 3/4 inch slices like better restaurants do. Much better way to eat a grapefruit.
Also, if I'm going to binge eat, I'll do it with grapefruits or oranges cut up like this.

¾ cup pineapple 74 calories (good breakfast fruit)

1 cup watermelon 46 calories

¼ medium Cantaloupe 50 calories

¼ cup Blueberries 21 calories

1 cup Asparagus (10 stalks) 27 calories

1/2 Cup Blackberries 97 calories

1/2 cup Green Grapes 50 Calories