

Food Lists

Flexible Grocery Lists...by Macros

You want to eat right. You want to drop some weight. You want to feel good. But the grocery store is overwhelming with all its choices. Labels screaming “Low Carb”, “Gluten Free”, “Lower Your Cholesterol”. Should you get the non fat greek yogurt or the full fat, grass-fed version? Fruit is good for you, right? Wait, but aren’t bananas too starchy?? Granola’s healthy....but damn, look at those calories!

So what the hell are you supposed to eat??!!

Here’s a pretty little list of food to help you out. I’ve divided each macronutrient (protein, carbohydrate & fat) category into red, yellow and green foods. **Red foods you’d want to eat less often or only as a treat. Yellow foods are fine in moderation. Green foods should make up the majority of what you eat on a daily basis.**

PROTEIN

Green List

- chicken breast
- ground turkey
- shrimp
- salmon
- tuna
- tilapia
- beef tenderloin
- filet mignon
- flank steak
- eye of round steak
- pork loin
- turkey breast
- lamb
- egg whites
- low-fat or non-fat cottage cheese
- cheese
- non-fat, plain greek yogurt
- whey protein powder
(should have 5 grams of sugar or less per serving)

Yellow List

- turkey bacon
- chicken wings/thighs
- turkey leg
- ground beef
- eggs
- non-fat, flavored greek yogurt
- low-fat cheese
- low-fat milk

Red List

- ribs
- bacon
- turkey or beef stick
- full fat cheese
- 15%+ fat ground beef
- sausage



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CARBOHYDRATE

Green List

sweet potatoes
yams
red potatoes
baking potatoes
squash
oatmeal
cream of wheat, unflavored
all fruit (yes, even those
bananas)
hummus
brown rice
corn tortillas
all veggies (tomatoes,
spinach, carrots,
cucumber, asparagus,
broccoli, brussel sprouts,
cabbage, cauliflower,
celery, green onion, leek or
bok choy, lettuce - all
types, mushroom, onion,
bell pepper - any color,
snow peas, spaghetti
squash, spinach, zucchini

Yellow List

whole wheat pasta
whole wheat bread
whole wheat tortillas
low-sugar cereal (under 10
grams of sugar per serving)
white rice

Red List

white bread
white pasta
donuts/pastries
waffles
pancakes
french fries
soda

***Note, these lists are
far from
comprehensive.
However it should give
you some good ideas
for healthy eating.



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FAT

Green List

avocado
olive oil
peanut butter (2
ingredients only: peanuts,
salt)
other nut butters

Yellow List

coconut oil
butter

Red List

fried foods
cream/half n half
margarine
crisco (fats solid at room
temp)

MISC FOODS

Green List

almond milk

Yellow List

spaghetti
tacos

Red List

pizza
lasagna
cheeseburger
egg breakfast sandwiches
burritos

CONDIMENTS

Green List

Mustard
Ketchup - made from real sugar
Soy Sauce
Vinegar
Hot Sauce
Salsa
Sea Salt
PAM Cooking Spray
Coffee
No calorie sweeteners - stevia is best

