

# Low Calorie Shopping List

## Vegetables

artichoke  
asparagus  
avocado  
bok choy  
broccoli  
brussels sprouts  
cabbage  
carrots  
cauliflower  
celery  
cucumber  
eggplant  
fennel  
garlic  
green beans  
hearts of palm  
jicama  
kohlrabi  
leafy greens  
leeks  
mushrooms  
okra  
olives  
onion  
parsley  
peppers  
potatoes  
pumpkin  
radishes  
rhubarb  
rutabaga  
scallions  
shallots

snow peas  
sprouts  
squash  
sugar snap peas  
tomatillos  
sweet potatoes  
& yams  
tomato  
turnip  
zucchini

## Natural Fats

(limit to 2 Tablespoons per day)

avocado oil  
mayonnaise  
nuts and nut butters  
nut oils  
olive oil  
sesame oil

## Fruits

cherries  
kiwifruit  
lemons & limes  
apples & oranges  
apricots  
peaches  
pears  
berries (blackberries, blueberries, raspberries, strawberries)  
melon (cantaloupe, casaba, honeydew)

## Dairy

cottage cheese  
milk (2 *tbsp max/day*)  
yogurt & Greek yogurt, plain

## Proteins

beef  
lamb  
pork  
poultry, game  
fish  
seafood  
eggs  
luncheon meats & sausages\*  
soy: edamame, tofu, tempeh, natto\*

## Miscellaneous

almond flour  
coconut flour  
dried herbs and spices  
salt  
pepper  
vanilla  
shirataki/konjac noodles

## Diet Swaps

Replace:

white pasta  
mashed potatoes  
french fries, rice

With:

rutabaga or jicama fries,  
veggie-noodles  
cauliflower mash  
spaghetti squash



**REVERSING  
PREDIABETES**

\*no added sugar or starches

[www.reversingprediabetes.ca](http://www.reversingprediabetes.ca)

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## General Information

A low calorie diet is a short-term intervention that may help reverse prediabetes. This approach provides 900 calories per day for 12 weeks and must be supervised by a health professional. After 12 weeks, you transition to whole-foods minimally processed diet.

## Understanding the Essentials

When you're grocery shopping, stick to the outer rim of the store for most of your food purchases. Frozen berries, vegetables, meat, and seafood are great to have on hand and won't go bad.

You don't need to purchase all of the items on this list. Only choose the ones you like and know you'll use to cook or prepare quick meals.

## Remember the One, Two, Three's:

1

Get adequate protein. Aim for about 85 to 160 grams (3 to 6 ounces) of protein at every meal. Visually, this is a serving of meat, poultry, fish, eggs, beans, or tofu that's about the size of 1 to 2 decks of cards. If you're taller than average, aim for the middle to top of this protein range.

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2

Include high-fiber plant foods, such as vegetables and leafy greens that grow above the ground. For fruit, choose high-fiber, low-sugar options like berries. Depending on the approach you choose, you may be able to add other fruits, below-ground vegetables, legumes, and minimally processed grains.

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3

Add healthy fat, such as olive oil, butter or ghee, in the amount needed to prepare and enjoy your meal.