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Ultimate diet foods shopping list

Nutritionist Dr. Joey Shulman shares her 10 favourite diet foods below. Add your favourites to this list and your grocery shopping list is complete.

Fruits and vegetables

- Clementine oranges
- Berries: strawberries, raspberries, blueberries
- _____
- _____
- _____

Poultry and fish

- Chicken and/or turkey breast
- Wild salmon
- _____
- _____
- _____

Snacks

- Walnuts
- Dark chocolate
- _____
- _____
- _____

Condiments

- Extra virgin olive oil
- _____
- _____
- _____
- _____

Breads

- 100% Whole-wheat grain breads and/or sprouted grain breads
- _____
- _____
- _____
- _____

Drinks

- Green tea
- _____
- _____
- _____
- _____

Dairy

- Yogurt
- _____
- _____
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____