

GROCERY FOOD SELECTION LIST



PROTEIN Serving Each option = 1 Protein Serving

VERY LEAN (Approx 140 cal/serving <4 grams of fat of fat)

LEAN (Approx 170 cal/serving <9 grams of fat of fat)

- Chicken Breast - 5 oz (white meat, no skin)
- Shelfish - 5 oz (clams, scallops, crab, lobster, shrimp)
- Pork Tenderloin - 5 oz
- Turkey Breast - 4.5 oz (white meat, no skin)
- Buffalo - 4 oz
- Egg Whites, Liquid - 8 oz/16 Tbsp
- Cheese, Fat Free - 1 cup/8 oz
- Cottage Cheese, Fat Free or Low Fat - 1 cup/8 oz
- Egg Substitute, Egg Beaters - 1 1/4 cup
- Edamame, shelled - 3/4 cup

- Beef - 3 oz (sirloin tip, flank steak, tenderloin, roast round)
- Seafood - 3 oz (atlantic salmon, catfish)
- Lunchmeat, Low Fat - 3 oz
- Veal - 3 oz (chop, roast)
- Cheese, Low Fat - 3 oz (< 3 grams of fat per oz)
- Ham - 3 oz
- Bison - 3 oz
- Eggs, Medium - 2 (limit 3 eggs/week)
- Tofu - 8 oz (soybean curd-regular)

VEGETABLE Serving

1 cup raw **OR** 1/2 cup cooked (Approx. 25 calories or less)

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|---|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Avocado (1/2 cup) | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Beans (green/yellow) | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Pea Pods |
| <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Peppers (green/red) |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Lettuce & Greens | <input type="checkbox"/> Watercress |
| | <input type="checkbox"/> Zucchini |

OPTIONAL

Each option = 1 Optional Serving (Approx. 20 calories or less)

- | | |
|---|---|
| <input type="checkbox"/> Catsup, Low Sugar (1 Tbsp) | <input type="checkbox"/> Reduced Fat Margarine (1 Tsp) |
| <input type="checkbox"/> Low-Sugar/Jelly (2 Tsp) | <input type="checkbox"/> Salsa (1/4 Cup) |
| <input type="checkbox"/> Nonfat Cream Cheese (1 Tbsp) | <input type="checkbox"/> Sugar Free Syrup (2 Tbsp) |
| <input type="checkbox"/> Nonfat Margarine (4 Tbsp) | <input type="checkbox"/> Taco Sauce (1 Tbsp) |
| <input type="checkbox"/> Nonfat Sour Cream (1 Tbsp) | <input type="checkbox"/> Nonfat Low Sugar Salad Dressing (2 Tbsp) |

STARCH Serving

Each option = 1 Starch

(Approx. 80 calories or less)

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|---|--|---|
| <input type="checkbox"/> Whole Grain Cereal (1/2 Cup) | <input type="checkbox"/> 1/2 Pita Bread 6", Whole Grain | <input type="checkbox"/> Butternut Squash (1 cup) |
| <input type="checkbox"/> Diet Bread, Whole Wheat (2 Slices) | <input type="checkbox"/> Roll, Whole Wheat | <input type="checkbox"/> Peas, frozen (1/2 cup) |
| <input type="checkbox"/> Butternut Squash (1 cup) | <input type="checkbox"/> Popcorn, Air-Popped (3 cups) | <input type="checkbox"/> Sweet Potato, Yam (baked or mashed) (3 oz) |
| <input type="checkbox"/> Whole Wheat Bread (1 Slice) | <input type="checkbox"/> Rice Cakes, Whole Wheat (2-4 in diameter) | <input type="checkbox"/> Whole Grain Crackers |
| <input type="checkbox"/> 1/2 Bagel, Whole Grain (1 oz) | <input type="checkbox"/> Steel Cut Oats (1/2 cup) | |
| <input type="checkbox"/> 1/2 English Muffin, Whole Grain | <input type="checkbox"/> Pasta Cooked, Whole Wheat (1/3 cup) | |
| <input type="checkbox"/> 1 Low Fat Waffle, Whole Grain | <input type="checkbox"/> Brown Rice, Cooked (1/2 cup) | |
| <input type="checkbox"/> Couscous, Whole Grain (1/3 cup) | | |

FRUIT Serving

Each option = 1 Fruit

(Approx. 60 calories or less)

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|---|---|
| <input type="checkbox"/> Apple, small (4 oz) | <input type="checkbox"/> Pear, small (4 oz) |
| <input type="checkbox"/> Banana, small (4 oz) | <input type="checkbox"/> Plum, small (4 oz) |
| <input type="checkbox"/> Blackberries (3/4 cup) | <input type="checkbox"/> Prunes, dried (3) |
| <input type="checkbox"/> Blueberries (3/4 cup) | <input type="checkbox"/> Raspberries (1 cup) |
| <input type="checkbox"/> Cherries (3 oz) | <input type="checkbox"/> Strawberries (1 cup) |
| <input type="checkbox"/> Grapefruit (1/2) | <input type="checkbox"/> Tangerine, 2 (8 oz) |
| <input type="checkbox"/> Grapes (3 oz) | |
| <input type="checkbox"/> Cantalope (1 cup) | |
| <input type="checkbox"/> Orange, small (6 oz) | |
| <input type="checkbox"/> Peach, med. (6 oz) | |

DAIRY Serving

Each option = 1 Dairy

(Approx. 50 calories or less)

- | | |
|--|--|
| <input type="checkbox"/> Yogurt, Nonfat (4 oz) | <input type="checkbox"/> Soy Milk, Nonfat (4 oz) |
| <input type="checkbox"/> Plain Yogurt, Nonfat (4 oz) | <input type="checkbox"/> Almond Milk, Unsweetened (4 oz) |

BEVERAGES

Unlimited/Non-Caloric

- | | |
|---|---|
| <input type="checkbox"/> Black Coffee or Tea | <input type="checkbox"/> Spring Water |
| <input type="checkbox"/> Bouillon (low sodium) | <input type="checkbox"/> Sugar Free Drink Mixes |
| <input type="checkbox"/> Diet Soda or Club Soda | <input type="checkbox"/> Herbal Teas |

WONDERSLIM SELECTION LIST



WONDERSLIM Meal Replacements

PUDDING SHAKES (ASPARTAME FREE)

Chocolate Salted Caramel
Chocolate Cream
CocoMint Cream
Dark Cocoa Cream
Hazelnut Cream
Mocha Cream
Strawberry Cream
Vanilla Cream
Variety Pack

SMOOTHIES

Berry Yogurt
Strawberry Yogurt

FRUIT DRINK

Berry Blast

SOUP

Tomato

WONDERSLIM Breakfasts

OATMEAL

Apple & Cinnamon

CEREALS

Cinnamon Crunch

PANCAKES

Fluffy Pancake Mix

GRANOLA + TRAIL MIX

Chocolate Caramel

EGGS

Vegetable Cheese Omelet

FRUIT DRINKS

Berry Blend
Berry Blast
Cran-Grape
Kiwi & Berry
Tangy Lemon
Tangy Orange

FRUIT DRINK CONCENTRATES

Cran-Grape
Orange
Pink Lemonade

WONDERSLIM Lunches

ENTREES

Cheese Steak Macaroni
Chili with Beans
Sloppy Joe
Spicy Cheese 'n Pasta

SOUPS

Chicken and Vegetable Cream
Chicken w/Noodle
Tomato

WONDERSLIM Bars & Snacks

CRUNCHERS & SAVORY CRISPS

Cheddar
Honey Mustard
Party Mix
Pizza

PROTEIN & FIBER BARS

Chocolate Crisp
Fluffy Nutter
Strawberry Shortcake
Toffee Pretzel
Vanilla Crisp
Zesty Lemon Crisp

SNACK O'S

BBQ
Sour Cream & Onion

PRETZELS

Original

PEA PROTEIN CHIPS

Cool Ranch
Salt & Vinegar
Sweet Hickory
Variety Pack

GRANOLA + TRAIL MIX

Chocolate Caramel

WONDERSLIM Fiber Supplements

Lemon Iced Tea
Very Berry

WONDERSLIM Desserts

HOT DRINKS

Cappuccino
Creamy Hot Chocolate
Mint Hot Chocolate
Raspberry Hot Chocolate

CAKE

Double Chocolate

PUDDINGS

Dark Chocolate
Classic Butterscotch
Lemon
Caramel
Toffee Crème
Chocolate Chip with Marshmallows
Banana Delight

COOKIES & SWEETS

Chocolate Chip w/Icing