

FOOD/DRINK SUGGESTIONS:

If weight loss is your goal, then 3 suggestions:

1. spend the right # of calories
2. spend them how you want
3. spend them wisely

Here is a list of not what you "should" eat, but what you "could" eat.

You be you, you do you, to thine own self be true, live & let live, to each their own, & keep your eyes on your own plate 😊

- Track with MyFitnessPal or other app, or pen/paper, or photo log, or no log. Whatever works for you.
- Digital food scale (maybe nutritional food scale)
- Food/symptom log as needed

Fruit - any

Vegetable - any

Protein - any chicken, fish, meat, dairy (try to limit added sugar), beans, products, etc

Grains -try for whole wheat or gluten free

Fats - just watch the calories

Overall whether it's a sweet, starch, salt or fat: if you can enjoy a clear serving without wanting more, then do that. If you can't, then consider treating that food, product or ingredient like an "addictive drug" and avoid/abstain/quit/eliminate.

Ideally, we eat fruit, vegetable, protein, grain, healthy fat. But here is a list of foods that are "better than" their higher fat/calorie/sugar/carb version. Just options & suggestions, take what you like & leave the rest!

- Kibo chickpea chips lower carb/higher protein
- Quest protein products
- Legendary protein products especially pastries & cinnamon roll
- Atkins protein products & low sugar/low carb products
- 100 cal popcorn Orville/Jolly Time/Pop Secret
- Smartfood: like lots of salty crunchy snacks: lovely if you can enjoy a clear amount & not want more.
- Terra brand chips: great. just watch for calories (due to fat content) and watch for cravings for more
- Tortilla chips: great: 1oz w/ 8oz salsa super healthy. Any brand Mi Nina is great. Watch calories.
- Parm crisps: ow carb/some protein. watch calories due to fat content
- Harvest Snaps green pea crisps (something a little healthier salty/crunchy)
- Nature's promise veggie chips/sticks (a little healthier than normal chips)
- Cheetos simply natural (a little healthier than straight up Cheetos)
- Ideal Protein chips & other salty crunchy snacks
- Pizza Gourmet whole wheat pizza crust-red not black label. Top This wheat crust-I liked but don't find it anymore anywhere
- Pizza sauce: any with 0g added sugar like: Casa Visco Pomodoro Palati, Victoria, Mutti,

- Mozzarella/Italian cheese finely shredded-(you need less)
- Cheese in general I think is fine. Just choose how you're spending your calories. (low/no/regular fat content)
- Vegetables prepared cut up to put on pizza
- Salsa: great way to get vegetables! 1c = 80cal! Jacks in produce aisle or any other brand
- Grapefruit: no added sugar in produce section various brands like Dole, Del Monte
- Hersheys Sugar Free chocolates
- Keto Krax: just a sugar free chocolate company I found, naturally sweetened without sugar
- Lily stevia SF chocolate: salted milk chocolate caramel
- Splenda brand of stevia. Or any stevia. Splenda itself ok too. Honestly, I feel any packet is 'better than' sugar, *for me*
(probably safer over time: >Pink/Saccharin/Sweet-n-Low >Blue/aspartame/Equal >yellow/sucralose/Splenda >green/stevia/Truvia)
- Superfoods powders: Orgain 50superfoods
- Kachava seems to be an extremely high quality product in content/taste-I'm uncomfortable with their logo : <
- Isopure protein powder vanilla or unsweetened, or other brand protein powders
- At Last (previously CarbThin) Zero Carb (zero fat) protein powder: I like this product but it's only on internet
- Fage 0% greek yogurt or any yogurt just watch out for protein content & added sugars/calories
- Smuckers Sugar Free jelly
- Nature's Own: whole wheat or keto
- Arnold Keto bread
- Aldi has a keto bread that a lot of people like
- Sola low carb breads tastier than some others, but smaller
- Keto culture bread
- Sara Lee 45c bread: anything but the white - Soft wheat, multigrain or whole wheat
- Ezekiel or Alvarado Street bakery bread (sometimes in freezer section): sprouted grain=even healthier
- Carbsmart by Breyers ice cream/bars
- Edy's Outshine No Sugar Added
- Nicks ice cream or Halo Top
- Ice pops SF "budget saver" Walmart
- Popsicle/Fudgsicle brand Sugar Free
- Good Pop No Sugar Added popsicles
- Honey tree sugar free honey. it's not low cal, but it sugar free
- Sugar free syrup Aunt Cary or Vermont Maid 5cal/serving
- G Hughes Sugar free sauces etc
- Hot sauce: they're almost all zero calories
- Mustard: they're almost all zero calories
- Ketchup: Heniz & other brands have no sugar added ketchup
- Walden Farms products (meh)
- Skinny girl products: salad dressings low/no sugar, low cal
- Banza chickpea pasta, mac n cheese
- Other bean/chickpea/lentil pastas
- PB2 powdered peanut butter
- Veggies Made Great. (some of the sweet ones are a bit high in added sugar!)
- I can't believe it's not butter light
- Spray butter

- Keto Foods brand ice cream bars & other products (great for no sugar, a little high in calories due to fat)
- Cereal: ok. just be clear on quantity=calories. And watch sugar. Puffed rice/wheat/corn are zero calories.
- Truvia sweet mornings oatmeal 200 cal, no sugar, high protein. Any other low/no sugar oatmeal.
- Magic Spoon cereal: high protein low/no sugar.
- Special K zero sugar/high protein-seems to be inspired by Magic Spoon, yay! I haven't tried it yet.
- Premier Protein cereals: high protein/low sugar but not zero sugar. know your limit to prevent sugar cravings.
- Ghost cereal: high protein cereal: some are very high in sugar, some are low in sugar: watch for that.
- Premier Protein cereal
- Catalina Crunch cereal low/no sugar, low carb ("keto")
- Ratio cereal or granola - appears to be a low/no sugar & high protein option
- Mouth Off cereal: high protein-low/no sugar. Some people like it, some don't.
- Wonderslim protein cereal only on internet
- Julian's bakery Progranola protein granola. Haven't found their other products as helpful but I liked this.
- Unsweetened applesauce bought or homemade, or add a little stevia or other no sugar sweetener
- Martin's Whole Wheat potato bread 80 calories-good for whole wheat haters but a little high in calories
- Kodiak company: frozen flapjacks ok. But most of their products are a bit high in sugar so watch for that
- Frozen entrees: Amy's or others, just caution with the ones with pasta if the pasta isn't whole wheat or gluten free
- Frozen fruit for smoothies/yogurt/etc: any but Wymans is high quality. Sometimes store brand is just fine -you can use it frozen in yogurt and it's a bit like ice cream, or defrost for 30s +/- in microwave then add yogurt.
- Green giant frozen veggie steamers
- Enlightened brand ice cream/bars/products: good but other brands/products are lower sugar/higher protein
- V8 original vegetable juice (or spicy/low sodium): love it or hate it. if you like it: you could have had a V8!
- Gum: sugar free. weirdly there are usually about 5 calories so if you chew a lot of gum the calories do add up.
Gum-sugar free naturally sweetened: Pur gum is the #1 naturally sweetened brand. Also, Spry & others exist too.
- Cocoa powder: in the baking aisle. can add to smoothies. I've sprinkled on Sugar Free syrup on a Kodiak flapjack
- Protein bars/drinks/powders/products: just try to get the most protein & least sugar for the amount of calories.
- Protein brands like: Quest, Premier, Legendary, Pure Protein, or Atkins-(not all products are hi protein-some just sugar free)
- Dates-Prunes-Dried Apricots-Figs: so long as they have no added sugar can be a sweet treat. watch calories & cravings.
- Cottage Cheese: if you like it it's a nice source of dairy protein, your choice regular/low/no fat. more cal/flavor v less cal/flavor

- Turkey pepperoni better than regular for calories/protein/fat
- Deli chicken/turkey
- Chicken sausage
- GNC: can be good to try some of their protein products especially before committing to a whole box or bag of them
- Bariwise & Protiwise & similar brands available on various websites have many protein products & low cal/fat/sugar/carb products
- Seltzer/sparkling water: Polar/Waterloo/etc are naturally zero calorie, zero sugar, zero sweeteners
- Zero sugar/calorie (or maybe 5 calorie) beverages of any kind (vs high sugar/calorie) (soda, juice, energy drink, etc).
- Almond Milk: Silk, Almond Breeze, store brands, any brand 30 cal unsweetened
- Almond Breeze: chocolate unsweetened, can be hard to find but good
- Milk: up to you. choose how many calories you want to spend fat free/1%/2%/whole etc
- Stonyfield has a milk with added protein, they have a fat free with 10g protein per serving
- Protein hot chocolate usually on the internet like Bariwise I only have really seen it on internet not in stores
- Tea herbal Bengal Spice Celestial Seasonings, or any tea really but Bengal Spice is quite popular
- Coffee: Equal Exchange brand is an organic & fair trade company with a popular flavor Love Buzz
- Coffee Mate, Nestle: refrigerated sugar free/zero sugar creamers in all kinds of flavors. Better than sugar. other brands.
- High Noon seltzer (alcohol)
- Skinny Pop popcorn or similar low cal/low fat
- Laughing Cow cheese (especially light)
- Triscuits especially thin crisps (triangle shaped)