

## Jim Cipriani's Total Body Transformation Program

### Grocery Shopping Checklist

Check off the ones you use and keep them well stocked.

*You may want to make some copies of this list, add to it, or make your own list to post on your refrigerator. Remember, by keeping your favorite healthy foods on hand lowers your risk of impulse eating.*

#### **Grains & Starches**

- Oatmeal (plain rolled oats)
- Cereals (fiber, 3 grams or more per serving, sugar, 5 grams or less per serving)
- Whole wheat or whole grain bagels
- Breads, whole wheat, whole grain
- Pita breads, whole wheat
- Rice, brown, Basmati, Jasmine, Wild rice
- Tortillas, whole wheat
- Pastas (whole wheat and vegetable)
- Potatoes all varieties Baking, Yukon Gold, Red, New, Sweet and Yam
- Dried beans, peas and lentils
- Dried bean soups

#### **Vegetables**

- Asparagus
- Artichokes
- Avocado
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Celery
- Cole Slaw Mix
- Cucumbers
- Garlic
- Ginger
- Green Beans
- Jalapenos
- Lettuce – Romaine, Mixed Greens, Spinach
- Mushrooms
- Onions
- Radishes
- Snow Peas
- Squash
- Tomatoes
- Zucchini
- Frozen vegetables if necessary (canned are higher in sodium)

**Tip:** *The deep dark vibrant vegetables are full of natural vitamins and minerals.*

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### **Fruit**

*(keep stocked and in reach so it is easy to grab)*

- \_\_\_ Apples
- \_\_\_ Apricots
- \_\_\_ Bananas
- \_\_\_ Berries, blackberries, blueberries, raspberries, strawberries
- \_\_\_ Grapes
- \_\_\_ Grapefruit
- \_\_\_ Lemon/Lime
- \_\_\_ Mangos
- \_\_\_ Melons, cantaloupe, honeydew, and watermelon
- \_\_\_ Oranges
- \_\_\_ Nectarines
- \_\_\_ Papaya
- \_\_\_ Peaches
- \_\_\_ Pears
- \_\_\_ Plums
- \_\_\_ Tangerines
- \_\_\_ Canned fruit packed in its own juice or water

### **Lean Meats, Fish, Poultry**

*(less than 50% of the calories from fat or 93% lean)*

- \_\_\_ **Beef Lean Cuts:** tenderloin, sirloin, filet, eye of round, flank steak for fajitas
- \_\_\_ **Longhorn Beef** (Lean cuts and ground longhorn compare to turkey breast in fat and cholesterol. Range fed livestock can be purchased that is naturally raised without the assistance of antibiotics and steroid injection)
- \_\_\_ **Pork Lean Cuts:** tenderloin roasts or butterfly pork chops for fajitas or stir-fry
- \_\_\_ **Fish Fresh:** sea bass, tuna, swordfish, halibut, tilapia, and trout  
(Pond raise fish is freshest, is not exposed to the environmental contaminants of public bodies of water, and does not endanger the species in the wild. If fish smells fishy it is not fresh.)
- \_\_\_ **Shellfish:** (low in fat high in cholesterol for those that need to limit cholesterol)
- \_\_\_ **Chicken, Turkey, and Poultry:** breasts and thighs (boneless/ skinless), filets, tenderloin, Cornish game hens
- \_\_\_ **Ground Meats:** Longhorn beef, round steak, sirloin, veal, pork loin, turkey, chicken, venison or blend of these. (Have them wrapped in 6 or 8 oz. portions to eat that day or to freeze for later. Thaw for a quick burger, spaghetti dish, taco salad, etc.)
- \_\_\_ **Wild game:** Ostrich, Venison (most wild game is very lean and healthy with the exception of duck which is higher in fat)
- \_\_\_ Deli Meats – ham, roast beef, turkey or chicken breast

***Remember:** All visible fat should be trimmed to reduce calories and fat.*

***Note:** The leanest cuts of meat are found in the hind and loin of livestock. The breast is the leanest part of the bird.*

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## **Milk Products, Cheese, and Eggs**

- \_\_\_ Yogurt, low-fat or nonfat, plain or with fruit
- \_\_\_ Milk 1%, or skim
- \_\_\_ Soy Milk
- \_\_\_ Cheeses, Part-Skim, skim milk or low-fat (50% fat or less per serving) (2% slices melt well on bread, potatoes, vegetables, and pasta)
- \_\_\_ Cottage cheese (nonfat, 2%)
- \_\_\_ Sour cream, low-fat or nonfat (low-fat or even whole milk yogurt is a great substitute for sour cream)
- \_\_\_ Cream cheese, low-fat or fat-free
- \_\_\_ Eggs

## **Canned Goods**

- \_\_\_ Tuna, chunk light in spring water (wash under clean water and drain before eating)
- \_\_\_ Chicken breast in broth
- \_\_\_ Black olives for flavor (Use as toppings for pizza, salad, sandwiches, they are a heart healthy fat source)
- \_\_\_ Beans – black, chili, kidney, pinto, fat-free refried, garbanzo, lima
- \_\_\_ Mexican corn
- \_\_\_ Broth - chicken, vegetables and beef – low-sodium
- \_\_\_ Broth based soups
- \_\_\_ Artichoke Hearts in water
- \_\_\_ Pasta Sauce
- \_\_\_ Pineapple
- \_\_\_ Pizza sauce
- \_\_\_ Tomato paste/sauce/crushed

## **Frozen, Convenience, and Snack Foods**

- \_\_\_ Frozen fruit, no sugar added (peaches, strawberries, blueberries, raspberries)
- \_\_\_ Nuts-All varieties raw, roasted, shelled or unshelled. Avoid roasted in oil and salted.
- \_\_\_ Non-fat frozen yogurt - Sorbet
- \_\_\_ Popcorn (If microwave, 1-2 grams fat per serving)
- \_\_\_ Whole grain pretzels
- \_\_\_ Low-fat cookies (graham or animal crackers, ginger snaps)
- \_\_\_ Low-fat granola
- \_\_\_ Whole grain bread sticks
- \_\_\_ Bottled waters or sparkling water in glass bottles
- \_\_\_ Tea

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### **Sauces, Condiments, and Oils**

- \_\_\_ Bar-B-Q sauce (try fruit flavored varieties like Raspberry Chiptole on chicken)
- \_\_\_ Broth (chicken, beef, and vegetable)
- \_\_\_ Pickles, dill, sweet, bread and butter, pickled vegetables and relish
- \_\_\_ Salad dressings and mayonnaise, low-fat or nonfat
- \_\_\_ Soy sauce
- \_\_\_ Salsas and Pica de Gallo
- \_\_\_ Spaghetti and pasta sauces (use garden varieties and tomato based sauces like onion and garlic, or basil and avoid sauces with cream base or made with meats and cheeses)
- \_\_\_ Mustard - all varieties
- \_\_\_ Taco Sauce
- \_\_\_ Teriyaki sauce and marinade
- \_\_\_ Worcestershire sauce
- \_\_\_ Oils, olive, canola, sesame, peanut, avocado. and macadamia nut (different oils can add nutritional value and flavor to food)

### **Herbs, Seasonings and Spices**

(Keep your most commonly used items in stock)

- \_\_\_ Herbs-dried basil, cilantro, dill, garlic, oregano, mint, basil, rosemary, etc.) Easy to grow fresh or if you have access to a store that sells herbs in bulk you can buy a small quantity which is fresher and cheaper than large jars.
- \_\_\_ Seasonings for flavor, seasoned, lemon, or garlic salts and peppers, curries, onion, cumin, mustard powders; poultry seasoning, cayenne or red pepper...
- \_\_\_ Spices-All spice, cardamom, cinnamon, ginger, nutmeg, saffron....