

# Grocery List for Weight Loss

## Patient Information:

Name:

Date of Birth:

Height:

Weight:

Medical Conditions:

Allergies:

Current Medications:

## Health Information:

Body Mass Index (BMI):

Target Weight for Healthy BMI:

Weight Loss Goal:

Activity Level:

## Food List for Weight Loss:

Food Category	Recommended Options	Serving Size	Frequency
Vegetables	Broccoli, Spinach, Kale, Bell Peppers	1 cup	Include in every meal
Fruits	Berries (Blueberries, Strawberries), Apples	1 piece or 1 cup	2 servings per day
Lean Proteins	Skinless Chicken Breast, Turkey, Tofu	3-4 ounces	2-3 servings per day
Whole Grains	Quinoa, Brown Rice, Oats, Whole Wheat Bread	1/2 cup or 1 slice	2-3 servings per day
Healthy Fats	Avocado, Olive Oil, Nuts, Seeds	1/4 cup or 1 tablespoon	Use in moderation
Dairy or Alternatives	Greek Yogurt, Almond Milk, Low-fat Cheese	1 cup or 1 ounce	1-2 servings per day
Legumes	Lentils, Chickpeas, Black Beans	1/2 cup	2-3 servings per week
Hydration	Water, Herbal Tea, Infused Water	8 cups or more per day	Throughout the day
Fish	Salmon, Tuna, Cod	3-4 ounces	2 servings per week
Vegetarian Protein	Quinoa, Lentils, Tofu, Edamame	1/2 cup or 3-4 ounces	2-3 servings per week

Vegetable Oils	Coconut Oil, Flaxseed Oil, Canola Oil	1 tablespoon	Use in moderation
Low-Calorie Snacks	Carrot Sticks, Celery, Air-Popped Popcorn	Varies	Occasional

### **Grocery Shopping List**

Please use the space below to list specific items you plan to buy based on the recommended options above: