

Cityline.ca – Cityline Weight Loss Challenge Grocery List

Grains:

Sprouted grain bread
Ryvita crackers
Whole grain wraps (small)
Quinoa
Brown rice
High protein or gluten-free pasta

Cereals*:

PC Organics Ancient Grains cereal
Fiber 1
All-Bran

**Opt for a cereal with more than 3 grams of fibre per serving and less than 7 grams of sugar per serving.*

Healthy flours for baking:

Quinoa
Spelt
Kamut
Whole grain
Amaranth
Brown rice
Coconut flour
Almond flour

Healthy oils and fats:

Olive oil
Sesame oil
Walnut oil
Ghee (clarified butter)
Almonds, walnuts, cashews, macadamia nuts, peanuts, pine nuts
Sunflower seeds, sesame seeds, poppy seeds, pumpkin seeds
Natural nut butters (peanut or almond)
Avocados

Yogurts:

Liberté Plain yogurt (all Liberté yogurts are gelatin-free)
Greek yogurts – Liberté, Chobani, Oikos, PC Organics
Yoptimal or Activia yogurt

Soup broths and paste:

Low-sodium vegetable or chicken broth
Miso paste
Low-sodium soups

Eggs:

Omega 3 or organic eggs
Egg whites (i.e. Naturegg Simply Egg Whites)

Meat/Fish/Protein:

Boneless, skinless chicken breast
Light tuna packed in water
Canned salmon
Wild salmon
Nitrate free chicken or turkey (ask for low sodium meats)
Chicken or turkey breast – ground for burgers, meatballs or stews
Firm tofu

Beans:

Chickpeas
Black beans
Lentils
Navy beans
Edamame (soy beans – purchase shelled in frozen food section)

Dairy:

Goat's cheese
Feta cheese
Light Babybel cheese (blue package)
Light shredded mozzarella

Miscellaneous:

Herbs and spices
Low-fat mayonnaise
Salsa
Butter
Horseradish
Hemp hearts
Ground flaxseeds
Sweet herbal teas

Green tea
Cranberries

Produce:

All fruits and vegetables permitted, with the exception of white potatoes. Sweet potatoes (small) are allowed on program.

Note: Frozen berries and peeled frozen bananas are ideal to have on hand for making morning smoothies. Please remember to add lemons to your fruit list (starting your day off with hot water and lemon is a great way to rev up your metabolism!).