

FITNESS BOOTCAMP

SHOPPING LIST/FOOD CHOICES

1600 CALORIE PLAN

2000 CALORIE PLAN

GRAINS

6 servings per day

7-8 servings per day

Whole wheat bread
English muffins
Pita bread
Bagels
Cereal
Grits
Oatmeal
Brown Rice
Pasta
Couscous
Crackers
Unsalted pretzels
Popcorn

VEGETABLES

4-5 servings per day

5-6 servings per day

Tomatoes
Potatoes
Carrots
Green peas
Squash
Broccoli
Spinach
Greens (turnip, collard, kale)
Green beans
Lima beans
Sweet potatoes

NUTS, SEEDS, LEGUMES (unsalted)

3-4 servings per day

4-5 servings per day

Almonds
Peanuts
Sunflower Seeds
Soy Nuts
Pine Nuts
Edamame
Canned beans (white, kidney, pinto, blackeyed peas, garbanzo)
Hummus

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FRUITS

3 servings per day

3-4 servings per day

Apricots
Apples
Bananas
Dates
Grapes
Oranges
Orange juice
Grapefruit
Grapefruit juice
Mangoes
Melons
Peaches
Pineapple
Prunes
Raisins
Strawberries
Tangerines

DAIRY (fat-free or low-fat)

2-3 servings per day

2-3 servings per day

Milk
Yogurt
Cottage Cheese
Cheese
Frozen yogurt

MEAT, POULTRY, FISH

1-2 servings per day

2 servings per day

Boneless/skinless chicken breast
Turkey breast (whole or ground)
White fish (Pollock, halibut, tilapia)
Lean Beef (Flank, Round, London, or Sirloin)
Canned Tuna (white albacore in water)
Eggs

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FATS/OILS

2 servings per day

2-3 servings per day

Olive oil
Fat-Free salad dressing
Light mayo
Organic peanut butter or almond butter

SWEET ALTERNATIVES

3 servings per WEEK

5 servings per WEEK

(Unlimited if No Calorie)

Splenda
Crystal Light
Choose sugar-free jelly beans or licorice over other candies like chocolate
Choose Frozen Non-Fat Sugar-Free Yogurt over ice cream
Choose herbal tea with sweetener over coffee with sugar and/or cream
Use sugar free syrups instead of creamers if coffee is a must
Try to cut out soda all together, but choose diet if soda is a must