SHOPPING LIST

What to Eat and How Much to Eat:

Shopping List with Food Groups and Serving Sizes

To be successful on this plan, you must keep your house loaded with the right foods. Take this list and go shopping! (See The7SystemsPlan.com for a printable version.) Circle the foods you are going to buy. You can also use this list to check the serving size and calories of each food item.

LEGUMES

Serving size: *½ cup cooked, or as indicated (1 serving = approximately 110 calories)*

Beans*:* black, butter, cannellini, garbanzo, great northern, pinto, kidney, lima, navy, mung, fat-free refried, green soy

Lentils: beluga, French, and red variety

Bean soups, *3/4 cup*

Hummus, 1/4 cup

Peas: split green or yellow peas

VEGETABLES—LOW-GI

Serving size: *½ cup. Servings unlimited. Fresh juices made from these are allowed. (1 serving = approximately 10 – 25 calories)*

Cruciferous: broccoli, brussels sprouts, cabbages (all types), cauliflower, radishes

Greens: beet greens, bok choy, collard greens, escarole, kale, mustard greens, Swiss chard,watercress

Lettuce/Mixed greens: arugula, endive, radicchio, red and green leaf, romaine, *spinach*

Mushrooms

Other vegetables: artichokes, asparagus, celery, chives, cucumbers, dill pickles, eggplants, garlic, green beans, kelp, leeks, mixed vegetable juices, okra, onions, peppers, radishes, snow peas, tomatoes, water chestnuts (5 whole)

Salsa *(sugar-free)*

Sprouts: alfalfa, broccoli or radish sprouts, bamboo shoots, etc.

Squash: spaghetti,summer,yellow, zucchini

VEGETABLES—MEDIUM-GI

Serving size: *½ cup, or as indicated (1 serving = approximately 45 calories)*

Beets, *1 cup*

Carrots, ½ cup cooked, 2 medium raw, or 12 baby carrots

Pumpkins, ⅔ cup

Rutabagas 1 cup

Sweet potatoes or yams, *½ medium*

Turnips, 1 ½ cup

Winter squash: acorn, butternut

Yukon Gold potato, ½ medium

CONCENTRATED PROTEINS

Serving size: *3–6 oz. cooked, or as indicated. Meat, poultry, and fish should be broiled, baked, or roasted. Keep cheese intake low due to saturated fat. (1 serving = approximately 150 calories)*

Best

More low-GI vegetables *(1 frozen package of spinach has 10g of protein)*

Tofu, 8 oz. or 1 cup (fresh), or 3.5 oz. cube

Tempeh, 3 oz. or 1/2 cup

Soy or veggie burger, 4 oz.

Fish (wild-caught only): salmon, sardines, mackerel (not king), shellfish (3 oz. fresh or ¾ cup canned in water; if canned in oil, drain well)

Beef, lamb, or chicken (free-range only)

Medical foods (available in shake or bar form at *The7SystemsPlan.com*)

Good

Beef *(very lean)*

Other fish (wild-caught and low in mercury)

Eggs (cage-free, organic), 2 whole

Egg substitute, 2/3 cup

Poultry: chicken or Cornish hen (breast only), turkey

Leg of lamb (lean roast)

Cottage cheese (nonfat or low-fat), 3/4 cup

Ricotta (part skim or nonfat), 1/2 cup

Mozzarella (part skim or nonfat), 2 oz. or 1/2 cup shredded

NUTS AND SEEDS

Serving size as indicated (1 serving = approximately 100 calories)

Almonds, Brazil, cashews, hazelnuts, macadamia, 10–12 whole nuts

Walnut or Pecan, 7–8 halves

Pistachios, sunflower, pumpkin, sesame seeds, 2 tbsp.

Nut butter, 1 tbsp. made from the above nuts

Peanut butter (this is my least favorite), 1 tbsp. refrigerated and no sugar added

OILS

Serving size: 1 tsp., or as indicated (1 serving = approximately 40 calories)

Avocado, 1/8

Flaxseed oil (refrigerate)

Walnut oil

Extra virgin coconut oil (use for high heat stove top cooking)

Cold-pressed extra virgin olive oil (for cooking and dressing)

Mayonnaise (made with olive oil), 2 teaspoons

Olives, 8–10 medium

FRUIT

Serving size as indicated (1 serving = approximately 80 calories)

Berries

Blackberries and blueberries, 1 cup

Raspberries and strawberries, 1 ½ cups

OTHER FRUITS

Apples, 1 medium

Apricots, 3 medium, 1/4 cup dried

Cantaloupe, 1/2 medium

Cherries, 15

Clementines, 2

Fresh figs, 2

Grapes, 15

Honeydew melon, 1/4 small

Kiwifruits, 2 medium

Mango, 1/2 medium

Nectarines, 2 small

Oranges, 1 large

Peaches, 2 small

Pears, 1 medium

Plums, 2 small

Tangerines, 2 small

Watermelon, 2 cups

DAIRY

If you can, skip this group and add more to the fat group. Serving size: 6 oz., or as indicated (1 serving = approximately 80 calories)

Butter or ghee (pasture-raised, organic), 2 1/2 tsp.

Buttermilk

Yogurt (plain, homemade is best), 4 oz.

Almond, hemp, coconut milk (unsweetened)

GRAIN

Serving size: 1/2 cup cooked, or as indicated (1 serving = approximately 75–100 calories)

Amaranth, teff, or quinoa

Rice: basmati or other brown rice, wild

Barley, buckwheat groats, millet

Bulgur (cracked wheat)

Popcorn, 2 cups popped

Whole oats, ⅓ cup raw, ¾ cup cooked

Whole wheat, spelt, or kamut berries

100% whole wheat, spelt, or kamut pasta

Crackers, small whole-grain crackers, 8

Breads: mixed whole-grain or 100% whole-rye (1 slice), whole-wheat tortilla or pita (1/2), low-carb tortillas (2 small or 1 large)

BEVERAGES

8 glasses per day

Water (filtered)

Coffee (2 cups per day limit)

Herbal or green teas

Sparkling or mineral water

CHOOSING YOUR FISH

Remember to choose fish that are high in omega-3 and low in mercury.

Omega-3 Content in Fish:

Type of fish	Total omega-3 content per 3.5 ounces (in grams)
Mackerel	2.6 (Canadian and Atlantic Mackerel only)
Trout, lake	2.0
Herring	1.7
Salmon	1.5
Sardines, canned	1.5
Sturgeon, Atlantic	1.5
Whitefish, lake	1.5
Anchovies	1.4
Bluefish	1.2
Bass, striped	0.8

Type of fish	Total omega-3 content per 3.5 ounces (in grams)
Trout	0.6
Halibut, Pacific	0.5
Pollock	0.5
Sturgeon	0.4
Bass, freshwater	0.3
Catfish	0.3
Ocean perch	0.3
Flounder	0.2
Haddock	0.2
Snapper, red	0.2
Sole	0.1

MERCURY IN FISH

High Mercury

- Bluefish
- Grouper
- Mackerel (Spanish,Gulf)
- SeaBass (Chilean)
- Tuna(canned albacore)
- Tuna(yellowfin)

Highest Mercury (Avoid eating these:)

- Mackerel (king)
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish
- Tuna (bigeye, ahi)