



# **Your Guide to Shopping Low-Cal**

**Brought to you by Chris's Inspirations**

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## ***Greetings to All!***

Thank you for taking a copy of my guide to shopping low cal. If you have previously visited my web site and read the post “In a Nutshell” you read about me choosing foods that have a low calorie density. That means I can eat more for less. I divide the foods I eat into three categories: those with a low calorie density, those with a medium calorie density and those with a high calorie density.

### **THIS GUIDE IS DESIGNED TO:**

- Help you learn to identify which foods fall into each category
- Learn to shop with healthy meals in mind
- Look for recipes that incorporate many of the low calorie foods
- Develop a mindset that no foods are off limits

I am so excited that you have decided to make eating healthier a priority in your life. I hope that this guide will help you to develop a new relationship with food and take away the stigma that some foods are “good” and other foods are “bad.”

Take some time to look over the lists to familiarize yourself with these foods. These are just partial lists and contain the foods that I choose most often. I used several different resources to put these lists together. If you have any questions or want more information, be sure to contact me via email and let me know.

Here's to eating healthy!

*Chris's Inspirations*

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## **WHAT IS CALORIE DENSITY?**

Calorie density is defined as “a measure of the calorie content of food relative to its weight or volume.” Choosing foods with a low calorie density can help with weight loss and weight maintenance. Low calorie foods are high in water and fiber and are very filling. On the other hand, high calorie foods have a large number of calories in a small weight of food. You can consume a larger portion of low calorie foods as opposed to high calorie foods.

I actually eat from all three areas but try to stay within a certain percentage each day: 30% low, 45% medium and not more than 25% high. Many days my low is much over the 30% but that is only because I have become such a big fan of fresh fruits and vegetables. No foods are off limits for me. I simply eat certain foods in moderation.

As I said, the list below is not a complete list of either category. I am by no means an expert in nutrition, but have learned a lot about nutrition from both the weight loss program I used and a good friend who is a nutrition coach. Many other resources are available at websites such as [healthline.com](http://healthline.com).

Besides choosing low calorie density foods when I shop, I also learned to shop the outer sections of the grocery store first. These include the produce, dairy, bakery and meats/sea foods. These areas offer more “clean” foods. Clean foods are foods in their natural state. I shop the aisles last. That is the area of the store where you will find foods with many preservatives.

As I have mentioned in other posts, I also try to eat by the 80%-20% rule. I go for at least 4 out of 7 days where 80% of the food I consume is low density or medium density and only 20% is high density. By doing this I never feel deprived of any foods.

At the end of the food lists, you will find an example of my meal planning and grocery shopping worksheet. I have also included a blank copy for you to use.

I hope you find these lists helpful and that you can begin to develop a whole new relationship with food.

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## **PARTIAL LIST OF LOW CALORIE DENSITY FOODS**

### **FRUITS**

- Apples
- Bananas
- Cherries
- Grapes
- Mango
- Oranges
- Peaches
- Pears
- Pineapple
- Strawberries
- Tomatoes

### **VEGETABLES**

- Asparagus
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Mushrooms
- Lettuce
- Radishes
- Spinach
- Squash
- Zucchini

### **STARCHY VEGETABLES**

- Corn
- Peas
- Potatoes
- Sweet Potatoes
- Yams

### **GRAINS**

- Brown rice
- Grits
- Quinoa
- Rolled Oats
- Whole grain breads
- Whole wheat breads
- Whole grain English muffins
- Whole wheat English muffins
- Whole Grain Pasta
- Whole Grain Rice
- Wild rice

### **EGGS, MEAT, SEAFOOD, etc**

- Canned Tuna
- Egg whites
- Shrimp
- Some fish-white, cod, flounder  
and sole

### **DAIRY**

- Non-fat yogurt
- Non-fat Greek yogurt
- Non-fat cheese
- Non-fat cottage cheese

### **BEVERAGES**

- Coconut water
- Coffee
- Herbal Teas
- Skim milk
- Unsweetened Tea

### **SNACKS**

- Fresh fruits and veggies
- Pickles
- Unsweetened applesauce

### **CONDIMENTS**

- Horseradish
- Lemon & lime juice
- Mustard
- Salsa
- Sauerkraut
- Spices
- Vinegars

## **PARTIAL LIST OF MEDIUM CALORIE DENSITY FOODS**

### **FRUITS and VEGETABLES**

- Apricots
- Canned fruits in water
- Coleslaw
- Garlic
- Mashed potatoes
- Olives

### **LEGUMES AND SEEDS**

- Black beans
- Chickpeas
- Edamame
- Lentils

### **EGGS, MEATS & SEAFOODS**

- Canadian bacon
- Chicken breast
- Deli meats
- Eggs-hard boiled, poached, scrambled, etc.
- Fish-salmon, tilapia, halibut
- Ham
- Lean pork
- T-bone steak
- Turkey
- 85%+ ground round

### **GRAINS**

- Corn tortillas
- Noodles
- Rice
- Rye bread
- Spaghetti

### **DAIRY**

- Low fat cheese
- Low fat cottage cheese
- Low fat Greek yogurt
- Low fat milk or 2%

### **SOUPS**

- Chili
- Vegetable beef

### **SNACKS**

- Cereal bars
- Fruit cups
- Fruit smoothies
- Some protein powders

### **CONDIMENTS**

- Gravy
- Pizza sauce
- Spicy mustards
- Sugar free jelly



## PARTIAL LIST OF HIGH CALORIE DENSITY FOODS

### FRUITS

- Dates
- Dried Apricots
- Dried Cherries
- Dried Cranberries
- Raisins

### MEATS

- Bacon
- Fried chicken
- Ground beef-under 85%
- Hot dogs
- Salami
- Sausage

### DAIRY

- Butter
- Cheese
- Cottage cheese
- Cream cheese
- Ice cream
- Margarine
- String cheese
- Whole milk

### SEEDS

- Pumpkin, sunflower, etc.

### SNACKS

- All nut butters
- Crackers
- Many protein shakes
- Nuts
- Popcorn
- Potato chips
- Pretzels
- Protein bars
- Rice cakes
- Tortilla chips
- Trail mix

### GRAINS

- Bagels
- Biscuits
- Buns
- Cereals-dry
- Dinner rolls
- French bread
- Granola
- Homemade breads/muffins-unless made with whole grain or whole wheat flours
- Most bakegoods
- Pancakes/Waffles
- White bread

### BEVERAGES

- Apple Cider
- Beer
- Hard liquor
- Juices
- Sodas
- Wines

I refer to these as empty calories-they have a high sugar content

### CONDIMENTS

- BBQ sauce
- Mayo, ketchup, etc.
- Jams
- Salad dressings-lite dressings are better
- Sour Cream



## SAMPLE GROCERY LIST AND MENU PLANNING

### FRUITS & VEGETABLES

- ☐ apples
- ☐ avocado
- ☐ bananas
- ☐ grapefruit
- ☐ grapes
- ☐ bell peppers
- ☐ broccoli
- ☐ Brussels sprouts
- ☐ carrots
- ☐ cauliflower
- ☐ cucumber
- ☐ lettuce
- ☐ onion
- ☐ potatoes
- ☐ radishes
- ☐ spinach
- ☐ squash
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ zucchini

### GRAINS

- ☐ brown rice
- ☐ lite whole grain bread
- ☐ oatmeal
- ☐ organic whole wheat flour
- ☐ whole grain pasta
- ☐ whole grain fajita wraps
- ☐ PB2-with cocoa
- ☐

### DAIRY

- ☐ 2% milk
- ☐ lite string cheese
- ☐ low fat cottage cheese
- ☐ non-fat Greek yogurt
- ☐
- ☐
- ☐

### EGGS/MEAT/FISH

- ☐ boneless chicken breasts
- ☐ eggs
- ☐ ground turkey
- ☐ 90% lean ground round
- ☐ lean ham
- ☐ lean pork
- ☐ large beef roast
- ☐ tuna fish in water

### BEVERAGES

- ☐ herbal teas
- ☐

### BAKING SUPPLIES

- ☐ baking powder
- ☐ baking soda
- ☐ spices
- ☐ Stevia
- ☐ extracts

### SNACKS

- ☐ almonds
- ☐ pickles
- ☐ unsweetened applesauce
- ☐

### MISCELLANEOUS

- ☐ enchilada sauce
- ☐ refried beans
- ☐ salsa
- ☐ Taco mix
- ☐ taco sauce

### DINNER PLANNING FOR WEEK

- **Sunday**-slow cooker pot roast with potatoes and carrots
- **Monday**-Boneless chicken breast with roasted veggies-sheet pan meal
- **Tuesday**-Baked acorn squash stuffed with ground turkey mix
- **Wednesday**-grilled pork chops with sweet potato rounds
- **Thursday**-Stuffed bell peppers (stuffed with beef and rice mixture)
- **Friday**-Homemade vegetable beef soup
- **Saturday**-Homemade enchiladas

## GROCERY LIST AND MEAL PLANNING

### FRUITS & VEGETABLES

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### GRAINS

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### DAIRY

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### EGGS/MEAT/FISH

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### BEVERAGES

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### BAKING SUPPLIES

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### SNACKS

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### MISCELLANEOUS

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## DINNER PLANNING SHOPPING NEEDS

**SUNDAY DINNER:** \_\_\_\_\_

Ingredients needed:

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**MONDAY DINNER:** \_\_\_\_\_

Ingredients needed:

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**TUESDAY DINNER:** \_\_\_\_\_

Ingredients needed:

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**WEDNESDAY DINNER:** \_\_\_\_\_

Ingredients needed:

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**THURSDAY DINNER:** \_\_\_\_\_

Ingredients needed:

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**FRIDAY DINNER:** \_\_\_\_\_

Ingredients needed:

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**SATURDAY DINNER:**

Ingredients needed:

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**Miscellaneous Ingredients  
Needed:**

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