

REBOOT ADAPT / REBOOT SUSTAIN GROCERY LIST & BALANCE ALL PHASES GROCERY LIST

Recipes can be found at www.profileplan.net/recipes

STARCHES

Choose whole grain for more fiber
1 Serving = 15g carb (fiber)

Bagel - 1/4 (0.75g)
Beans/Lentils - 1/2 cup - cooked (2g)
Brown Rice - 1/3 cup - cooked (1.75g)
Cereal - 1/2 cup (2g)
Corn - 1/2 cup (2.5g)
English Muffin - 1/2 (0.5g)
Oatmeal - 1/2 cup - cooked (4g)
Pancake - 4" (0.5g)
Peas - 1/2 cup (2g)
Popcorn - 3 cups (3g)
Potato - small 3oz - 1/2 cup (1.5g)
Pretzels - 3/4 oz (1g)
Quinoa - 1/3 cup - cooked (2g)
Sweet Potato - small 3oz - 1/2 cup (2g)
Whole Grain Bread - 1 slice (1.7g)
Whole Grain Crackers - 15 (2g)
Whole Wheat Pasta - 1/2 cup - cooked (2g)
Whole Wheat Tortilla - 6" (1.5g)

FATS

*Almonds - 8 individual
*Avocado - 1/4 cup
Butter - 1tsp
Cheese - 3/4oz
*Chia/Flax Seeds - 1T
Hummus - 2T
Mayo - 2tsp
Nut Butter - 2tsp
Oil - 1tsp
Olives - 10 large
*Peanuts - 10 individual
*Pistachios - 16 individual
*Pumpkin Seeds - 1T
Regular Salad Dressing - 2tsp
*Sunflower Seeds - 1T
*Walnuts - 4 halves
Yogurt-Based Salad Dressing - 2T

VEGETABLES

Minimum 4 cups/day
Make 1/2 your intake cooked

Algae	Herbs
Alfalfa	Hot Peppers
Asparagus	Jicama
Arugula	Kale
Artichoke	Kohlrabi
Bell Peppers	Lettuce
Beets	Leeks
Broccoli	Mushrooms
Bean Sprouts	Okra
Brussels Sprouts	Onions
Cauliflower	Pea Pods
Cabbage	Radicchio
Carrots	Radish
Celery	Rhubarb
Celeriac	Romaine
Chicory	Rutabaga
Coleslaw Mix	Sauerkraut
Collards	Sorrel
Cucumbers	Squash
Dill Pickles	Spinach
Eggplant	Swiss Chard
Endive	Tomatoes
Fennel	Turnip
Field Greens	Watercress
Green Beans	Zucchini
Green Onions	

DAIRY/NON-DAIRY ALT.

Almond Milk - 1 cup
Chocolate Milk - 1/2 cup
Fat-Free Greek Yogurt - 6oz
Fat-Free Ice Cream - 1/2 cup
Fat-Free Yogurt - 4oz
Milk - 1 cup
Non-Fat Frozen Yogurt - 1/2 cup
Soy Milk - 1 cup

WHOLE FRUIT

1 Serving = 15g carb (fiber)

Apple - 1 medium (3.2g)
Apricot - 1.5 (2g)
Banana - 4" (1.5g)
Berries - 3/4 cup (1.5g)
Cherries - 15 (2g)
Clementine - 2 small (2.5g)
Fruit Salad - 1/2 cup
Grapefruit - 1/2 (1.4g)
Grapes - 15 medium (1g)
Kiwi - 1 large (2.5g)
Mango - 1/2 cup (2.5g)
Melon - 1 cup (1.25g)
Orange - 3" diameter (2.5g)
Papaya - 1 cup
Passion Fruit - 2 medium (5g)
Peach - 1 large (2g)
Pears - 1/2 cup (2.25g)
Pineapple - 3/4 cup (1.2g)
Plum - 2 small (1.2g)
Pomegranate - 1/2 (3g)
Strawberries - 1 cup (5g)

FREE FOODS

< 20 calories/serving
Limit 3 servings/day

Balsamic Vinegar - 2tsp
Calorie-free Syrups & Dressings
Fat-free Cool Whip - 2T
Fat-free Sour Cream - 2T
Hot Sauce
Ketchup - 1T
Low-Sodium Broth - 1 cup
Low-Sodium Soy Sauce - 2T
Mustard
Powdered Peanut Butter - 1T
Profile Noodles - 1/2 - 1 package
Profile Salad Dressings - 2T
Salsa - 1/4 cup
Shapewise Chews - 1 piece
Spices
Sugar-Free Gum and Mints
Sugar-Free Jell-O
Unsweetened Almond Milk - 1/2 cup

PROTEIN - VERY LEAN

Measure in raw weight (ounces). Cut off visible fat.
No frying or breading. Consume fish at least 2 times per week.

Bass	Mussels
Catfish	Oysters
Chicken	Perch
Clams	Pheasant
Cod	Pike
Crab	Red Snapper
Crawfish	Sea Bass
Egg Beaters - 1/4 cup (1oz)	*Salmon
Egg Whites - 2 (1oz)	Scallops
Fat-Free Cottage Cheese - 1/4 cup (1oz)	Shrimp
Grouper	Sole
Haddock	Tilapia
Halibut	Trout
Lobster - No Butter	Tuna
Mahi-Mahi	Turkey
Monk Fish	Walleye
	Whiting

PROTEIN - LEAN

Measure in raw weight (ounces).
Cut off visible fat. No frying or breading.

Bison	Rabbit
Canadian Bacon	Roast
Deer	Rump Steak
Elk	Round Steak
Flank Steak	Sirloin
Ground Beef (>85% lean)	Tenderloin
Ground Turkey (>85% lean)	Tofu (plain)
Ham	Turkey Bacon
Lamb	Turkey Sausage
New York Strip	Veal
Pork Tenderloin	Whole Egg - 1 (1oz)

BEVERAGE SUGGESTIONS

64oz Minimum Recommendation
Limit Caffeine to <400 mg/day

Water	Tea - Decaf
Coffee - Decaf	Profile Drink Enhancers
Sugar-Free Flavored Water	Profile Fiber Drink
Sugar-Free Iced Tea	