WonderSlim® Food Selection List & Shopping Guide

FRUIT
Each Option= 1 Fruit Serving
(Approx. 60 cal/serving)

__ Apple, small (4 oz)
__ Applesauce (1/2 cup)
__ Apricots, fresh (5 oz)
__ Banana, small (4 oz)
__ Blackberries (3/4 cup)
__ Blueberries (3/4 cup)
__ Cherries or Grapes (3 oz)
__ Grapefruit (1/2)
__ Melon (1 cup)
__ Orange, small (6 oz)
__ Peach, med. (4 oz)
__ Pear, small (4 oz)
__ Pineapple (3/4 cup)
__ Plum, 2 small (5 oz)
__ Prunes, dried (3)
__ Raspberries (1 cup)
__ Strawberries (1-1/4 cup)
__ Tangerine (8 oz)

DAIRY/MILK
(Approx. 50 cal/serving)

__ 4 oz Skim Milk, Nonfat
__ 4 oz Yogurt, Nonfat fruit flavored yogurt
__ 3 oz Plain Yogurt, Fat Free

BEVERAGES
(Non-Caloric)

__ Spring Water (with or with –out flavoring or carbonation)
__ Bouillon (low sodium)
__ Sugar Free Drink Mixes
__ Club Soda or Diet Soda
__ Black Coffee or Tea
__ Herbal Teas *(omit if nursing)*

VEGETABLES
Serving Size:
1 Cup Raw OR ½ Cup Cooked
(Approx. 25 cal/serving)

__ Asparagus
__ Beans (green/yellow)
__ Beets
__ Broccoli
__ Brussels Sprouts
__ Cabbage
__ Carrots
__ Cauliflower
__ Celery
__ Cucumber
__ Eggplant
__ Greens
__ Lettuce
__ Mushrooms
__ Okra
__ Onions
__ Pea Pods
__ Peppers (green/red)
__ Radishes
__ Scallions
__ Spinach
__ Sprouts
__ Summer Squash
__ Tomato
__ Turnips
__Watercress
__ Zucchini

OPTIONAL
(<20 cal/serving)

__ Nonfat Cream Cheese (1 Tbsp)
__ Nonfat Margarine (4 Tbsp)
__ Reduced Fat Margarine (1 Tsp)
__ Nonfat Sour Cream (1 Tbsp)
__ Nonfat Salad Dressing (2 Tbsp)
__ Salsa (1/4 cup)
__ Taco Sauce (1 Tbsp)
__ Catsup (1 Tbsp)
__ Sugar Free Syrup (2 Tbsp)
__ Low-Sugar Jam/Jelly (2 tsp)
__Artificial Sweetner (1 Pckt)

PROTEIN
Each Option=1 Serving

"VERY LEAN"
(<5 grams of fat per serving)
(Approx. 140 cal/serving.)

__ **4 oz Turkey** (white meat, no skin)
__ **4 oz Chicken** (white meat, no skin)
__ **4 oz Fish** (cod, flounder, trout, halibut, tuna in water)
__ **4 oz Shellfish** (clams, scallops, crab, lobster, shrimp)
__ **4 oz Cheese,** Fat Free
__ **8 oz Cottage Cheese**, Fat Free or 1% **(nonfat or low-fat)**
__ **8 oz Egg Substitute**, Egg Beaters
__ **8 Egg Whites**, or 8 oz Liquid

"LEAN"
(9 grams of fat per serving)
(Approx. 170 calories/serving)

__ **3 oz Beef** (sirloin, flank steak, tenderloin, roast, round)
__ **3 oz Veal** (chop, roast)
__ **3 oz Pork** (center chop, tenderloin, lean ham)
__ **3 oz Seafood** (salmon, catfish)
__ **3 oz Cheese**, Low Fat **(≤ 3 grams fat per oz)**
__ **3 oz Deli Meat**, Low Fat **(≤ 3 grams fat per oz)**
__**3 Eggs**, Medium **(Limit 3 Eggs/week)**

STARCH
(Approx. 80 cal/serving)

__ Whole Grain Cereal (1/2 cup)
__ Diet Bread (2 slices)
__ Whole Wheat Bread (1 slice)
__ 1/2 Bagel (1 oz)
__ 1/2 English Muffin
__ 1 Low-fat Waffle
__ 1/2 Pita Bread 6"
__ Roll (1 oz)
__ 1/2 oz Low-fat Cracker
__ Pretzels (3/4 oz)
__ Popcorn, air-popped (3 cups)
__ Rice Cakes 2 - 4 inch dia
__ Pasta, cooked (1/3 cup)
__ Brown Rice, cooked (1/3 cup)
__ Corn or Peas, frozen (1/2 cup)
__ Potato or Yam, small (3 oz) (baked or mashed)

NOTES: