

GROCERY FOOD SELECTION LIST



PROTEIN Serving Each option = 1 Protein Serving

VERY LEAN (Approx 140 cal/serving <4 grams of fat of fat)

LEAN (Approx 170 cal/serving <9 grams of fat of fat)

- 4 oz Turkey Breast (white meat, no skin)
- 4 oz Chicken Breast (white meat, no skin)
- 4 oz Fish (cod, flounder, trout, halibut, mahi, tuna)
- 4 oz Shellfish (clams, scallops, crab, lobster, shrimp)
- 4 oz Cheese, Fat Free
- 8 oz Cottage Cheese, Fat Free or Low Fat
- 8 oz Egg Substitute, Egg Beaters
- 8 Egg Whites, or 8 oz Liquid
- 1 Black Bean Burger (Boca, Morningstar)
- 4 oz Edamame Soybeans Cooked

- 3 oz Beef (sirloin tip, flank steak, tenderloin, choice, roast round)
- 3 oz Seafood (atlantic salmon, catfish)
- 3 oz Pork (center chop, tenderloin, lean ham)
- 3 oz Veal (chop, roast)
- 3 oz Cheese, Low Fat (< 3 grams of fat per oz)
- 3 oz Deli Meat, Low Fat (< 3 grams of fat per oz)
- 3 Eggs, Medium (limit 3 eggs/week)
- 10 oz Tofu (soybean curd-regular)

VEGETABLE Serving

1 cup raw **OR** 1/2 cup cooked (Approx. 25 calories or less)

- | | |
|---|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Avocado (1/2 cup) | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Beans (green/yellow) | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Pea Pods |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Peppers (green/red) |
| <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Lettuce & Greens | <input type="checkbox"/> Zucchini |

OPTIONAL

Each option = 1 Optional Serving (Approx. 20 calories or less)

- | | |
|---|--|
| <input type="checkbox"/> Catsup (1 Tbsp) | <input type="checkbox"/> Reduced Fat Margarine (1 Tsp) |
| <input type="checkbox"/> Low-Sugar/Jelly (2 Tsp) | <input type="checkbox"/> Salsa (1/4 Cup) |
| <input type="checkbox"/> Nonfat Cream Cheese (1 Tbsp) | <input type="checkbox"/> Sugar Free Syrup (2 Tbsp) |
| <input type="checkbox"/> Nonfat Margine (4 Tbsp) | <input type="checkbox"/> Taco Sauce (1 Tbsp) |
| <input type="checkbox"/> Nonfat Sour Cream (1 Tbsp) | |

STARCH Serving

Each option = 1 Starch

(Approx. 80 calories or less)

- | | | |
|---|---|---|
| <input type="checkbox"/> Whole Grain Cereal (1/2 Cup) | <input type="checkbox"/> 1/2 Pita Bread 6", Whole Grain | <input type="checkbox"/> Pasta Cooked (1/3 cup) |
| <input type="checkbox"/> Diet Bread, Whole Wheat (2 Slices) | <input type="checkbox"/> Roll, Whole Wheat | <input type="checkbox"/> Browns Rice, cooked (1/2 cup) |
| <input type="checkbox"/> Whole Wheat Bread (1 Slice) | <input type="checkbox"/> Low Fat Crackers | <input type="checkbox"/> Butternut Squash (1 cup) |
| <input type="checkbox"/> 1/2 Bagel, Whole Grain (1 oz) | <input type="checkbox"/> Pretzels (3/4 oz) | <input type="checkbox"/> Corn or Peas, frozen (1/2 cup) |
| <input type="checkbox"/> 1/2 English Muffin, Whole Grain | <input type="checkbox"/> Popcorn, air-popped (3 cups) | <input type="checkbox"/> Potato, Sweet Potato, Yam (baked or mashed) (3 oz) |
| <input type="checkbox"/> 1 Low Fat Waffle, Whole Grain | <input type="checkbox"/> Rice Cakes (2-4 in diameter) | |
| <input type="checkbox"/> Coucous, Whole Grain (1/3 cup) | <input type="checkbox"/> Oatmeal, Cooked (1/2 cup) | |

FRUIT Serving

Each option = 1 Fruit

(Approx. 60 calories or less)

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|---|---|
| <input type="checkbox"/> Apple, small (4 oz) | <input type="checkbox"/> Orange, small (6 oz) |
| <input type="checkbox"/> Apricots, dried (8 halves) | <input type="checkbox"/> Peach, med. (6 oz) |
| <input type="checkbox"/> Apricots (4 apricots) | <input type="checkbox"/> Pear, small (4 oz) |
| <input type="checkbox"/> Banana, small (4 oz) | <input type="checkbox"/> Pineapple (3/4 cup) |
| <input type="checkbox"/> Blackberries (3/4 cup) | <input type="checkbox"/> Plum, small (4 oz) |
| <input type="checkbox"/> Blueberries (3/4 cup) | <input type="checkbox"/> Prunes, dried (3) |
| <input type="checkbox"/> Cherries (3 oz) | <input type="checkbox"/> Raspberries (1 cup) |
| <input type="checkbox"/> Grapefruit (1/2) | <input type="checkbox"/> Strawberries (1 cup) |
| <input type="checkbox"/> Grapes (3 oz) | <input type="checkbox"/> Tangerine, 2 (8 oz) |
| <input type="checkbox"/> Melon (1 cup) | <input type="checkbox"/> Watermelon (1 1/4 cup) |

DAIRY Serving

Each option = 1 Dairy

(Approx. 50 calories or less)

- | | |
|--|---|
| <input type="checkbox"/> Yogurt, Nonfat (4 oz) | <input type="checkbox"/> Skim Milk, Nonfat (4 oz) |
| <input type="checkbox"/> Plain Yogurt, Nonfat (3 oz) | <input type="checkbox"/> Almond Milk, Unsweetned (4 oz) |

BEVERAGES

Unlimited/Non-Caloric

- | | |
|---|---|
| <input type="checkbox"/> Black Coffee or Tea | <input type="checkbox"/> Spring Water |
| <input type="checkbox"/> Bouillon (low sodium) | <input type="checkbox"/> Sugar Free Drink Mixes |
| <input type="checkbox"/> Diet Soda or Club Soda | <input type="checkbox"/> Herbal Teas |

WONDERSLIM SELECTION LIST



WONDERSLIM Meal Replacements

PUDDING SHAKES

Chocolate Cream
CocoMint Cream
Mocha Cream
Strawberry Cream
Vanilla Cream
Variety Pack

PUDDING SHAKES (ASPARTAME FREE)

Chocolate Salted Caramel
Chocolate Cream
CocoMint Cream
Dark Cocoa Cream
Hazelnut Cream
Mocha Cream
Strawberry Cream
Vanilla Cream
Variety Pack

SMOOTHIES

Berry Yogurt
Strawberry Yogurt

FRUIT DRINK

Berry Blast

SOUP

Tomato

WONDERSLIM Breakfasts

OATMEAL

Apple & Cinnamon

CEREALS

Berries 'n Chocolate
Cinnamon Crunch

PANCAKES

Fluffy Pancake Mix

GRANOLA + TRAIL MIX

Apple Cinnamon
Blueberry Mango
Chocolate Caramel
Pineapple Coconut
Variety Pack

EGGS

Vegetable Cheese Omelet

FRUIT DRINKS

Berry Blend
Berry Blast
Cran-Grape
Kiwi & Berry
Tangy Lemon
Tangy Orange

FRUIT DRINK CONCENTRATES

Cran-Grape
Orange
Pink Lemonade

WONDERSLIM Lunches

ENTREES

Cheese Steak Macaroni
Chili with Beans
Sloppy Joe
Spicy Cheese 'n Pasta

SOUPS

Chicken and Vegetable Cream
Chicken w/Noodle
Tomato

WONDERSLIM Bars & Snacks

SNACK BARS

Caramel Brownie Nut
Caramel Butter Pecan
Chocolate
ChocoMint
Cinnamon Oatmeal Raisin
Cookie Dough
Chocolate Peanut Butter
Peanut Butter Crisp
Sample Pack

GOURMET BARS

Creamy Peanut Butter
Marshmallow Chocolate Cookie
Peanut Butter Pretzel
Zesty Lemon

CRUNCHERS & SAVORY CRISPS

Cheddar
Honey Mustard
Party Mix
Pizza Mix

PROTEIN & FIBER BARS

Chocolate Crisp
Fluffy Nutter
Strawberry Shortcake
Toffee Pretzel
Vanilla Crisp
Zesty Lemon Crisp

NUTRITION BARS

Chocolate Nutty Almond
Crispy Cinnamon
Crispy Peanut
Crispy Shortbread
Crispy Fudge & Graham
Dark Chocolate Marshmallow
Mint Cocoa
Rich Chocolate Caramel
Vanilla Caramel Crisp
Variety Pack

SNACK O'S

BBQ
Sour Cream & Onion

PEA PROTEIN CHIPS

Cool Ranch
Salt & Vinegar
Sweet Hickory
Variety Pack

GRANOLA + TRAIL MIX

Apple Cinnamon
Blueberry Mango
Chocolate Caramel
Pineapple Coconut
Variety Pack

SWEET POPPERS

Chocolate
Caramel

PRETZELS

Cheddar Cheese
Cinnamon Toast
Honey Mustard
Original

WONDERSLIM Desserts

HOT DRINKS

Cappuccino
Creamy Hot Chocolate
Mint Hot Chocolate
Raspberry Hot Chocolate

CAKE

Double Chocolate
Creamy Cheesecake

PUDDINGS

Dark Chocolate
Classic Butterscotch
Lemon
Caramel
Toffee Crème
Chocolate Chip w Marshmallows
Banana Delight

COOKIES & SWEETS

Crunchy Chocolate Minis
Chocolate Chip
Chocolate Chip w/Icing
Oatmeal Raisin
Oatmeal Raisin w/Icing