



South Beach Diet

Shopping List



Vegetables

- Leafy greens (spinach, kale, lettuce)
- Broccoli
- Cauliflower
- Bell peppers
- Cucumbers
- Tomatoes
- Zucchini
- Brussels sprouts
- Asparagus
- Green beans
- Celery
- Onions
- Mushrooms

Protein

- Chicken breast (skinless)
- Turkey breast
- Lean cuts of beef
- Fish (salmon, tuna, or trout)
- Shrimps
- Eggs
- Tofu

Whole Grains and Legumes

- Quinoa
- Brown rice
- Whole grain bread
- Whole grain pasta
- Rolled oats
- Barley
- Lentils
- Kidney beans

Healthy Fat

- Olive oil
- Avocado
- Almonds
- Walnuts
- Chia seeds
- Peanut butter
- Olives
- Coconut oil

Fruit

- Berries (strawberries, blueberries, raspberries)
- Apples
- Pears
- Oranges
- Grapefruit
- Peaches

Dairy and Dairy Alternatives

- Greek yogurt
- Skim milk
- Cottage cheese (low-fat)
- Mozzarella
- Soy milk
- Coconut milk



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

