

**Semaglutide Shopping List**

<https://www.amazon.com/shop/eyecandymedspa>

**Fruits**

\_ Apples

\_ Apricots

\_ Berries

\_ Cherries

\_ Clementines or Oranges

\_ Grapes

\_ Grapefruit

\_ Kiwi

\_ Melon

\_ Peaches or Nectarines

\_ Pears

\_ Plums

**Vegetables**

\_ Artichoke

\_ Asparagus

\_ Broccoli

\_ Cabbage or Lettuce

\_ Cauliflower

\_ Celery

\_ Collard Greens

\_ Eggplant

\_ Green Beans

\_ Mushrooms

\_ Okra

\_ Onions

\_ Peppers

\_ Snow peas

\_ Spinach

\_ Summer Squash or Zucchini

\_ Tomatoes

\_ Turnips

**Dairy, Eggs**

\_ Plain Yogurt

\_ American, Cheddar, & Swiss Cheese

\_ Cottage Cheese

\_ Feta

\_ Mozzarella & Ricotta

\_ Snack size cheese (string cheese, laughing cow wedges, mini babybel)

\_ Regular Eggs, Egg whites, Egg Substitute like Egg Beaters

**Meat**

\_ Chicken or Turkey Breast

\_ Turkey Sausage

\_ Clams

\_ Cod

\_ Crabs

\_ Crawfish

\_ Haddock

\_ Lobster

\_ Salmon

\_ Sardines

\_ Scallops

\_ Shrimp

\_ Squid

\_ Tuna

**Grains**

\_ Barley

\_ Brown Rice

\_ Couscous

\_ Millet

\_ Pasta

\_ Quinoa

\_ Pumpernickel

\_ Rye

\_Whole Wheat sliced.

**Crackers / Bread Product**

\_ Ak-Mak

\_ Triscuits

\_ Finn Crisps

\_ Ry-Crisps

\_ Joseph’s Lavash

\_ Tortillas 6”

\_ Whole wheat mini pita pockets

**Canned Foods**

\_ Artichoke hearts

\_ Beans (Black, Pinto, Garbanzo, Wax, etc)

\_ Fruits (unsweetened)

\_ Green Chilies

\_ Olives

\_ Roasted Red Peppers

\_ Salmon or Sardines

\_ Soup

\_ Tomatoes

\_ Tuna

**Condiments**

\_ Jams, Jellies

\_ Mayonnaise

\_ Mustards

\_ Sour Cream

\_ Salsa

\_ Oil-Based Salad Dressing

**Oils & Vinegars**

\_ Canola, Olive, Peanut, Safflower, & Sesame Oil

\_ Apple Cider

\_ Balsamic Vinegar

\_ Red Wine Vinegar

**Spreads**

\_ Almond & Cashew Butter

\_ Guacamole

\_ Hummus

\_ Peanut Butter

**Seasonings**

\_ Chili Seasoning

\_ Herbs

\_ Hot Sauce

\_ Pepper

\_ Soy Sauce

\_ Tomato Sauce

\_ Worcestershire Sauce

**Miscellaneous**

\_ Tofu, Tempeh, and other soy products

\_ Dried Friut

\_ Nuts (Almonds, Cashews, Walnuts, Peanuts, Pistachio)

\_ Seeds (Pumpkin, Sunflower, and Sesame)

**Beverages**

\_Water

\_ Milk (1% or 2%)

\_ Seltzer

\_ Mineral Water

\_ Flavored Soda Water

\_ Sugar Free juice packets or liquid