



Maintenance Shopping List

(List is not all-inclusive. Use it to make healthy choices.)

SNACKS

- Protein nutrition bars
- Protein ready-to-drink shakes

MEAT/POULTRY

- Beef (Ground, Eye of round beef steak, sirloin steak)
- Bison
- Chicken – Skinless chicken breasts
- Canned meats (tuna, chicken, crab, etc)
- Fresh Deli Meat (Chicken, Ham, or Turkey)
- Pork, Lean Chop or Tenderloin
- Pork, Low-fat Sausage
- Tofu/Soy Proteins
- Turkey Bacon
- Turkey Breasts
- Turkey Ground/Burgers
- Venison

FISH

- Fish delicate (Cod, Flounder, Haddock, Orange Roughy, Perch, Tilapia, and Red Snapper)
- Fish steaks (Halibut, Mahi Mahi, Tuna, and Shark)
- Fish with higher fat content (Salmon, Swordfish, Trout, and Seabass)
- Scallops
- Shrimp

DAIRY

- American cheese (Shredded low-fat)
- Snacking cheese: Babybel Cheese or string cheese
- Cheese slices (Low-fat)
- Cottage cheese (Low-fat)
- Egg substitute and Eggs
- Milk (Skim or 1%)
- Mozzarella cheese (Shredded low-fat)
- Parmesan cheese (Grated/Low Fat)
- Sour cream (Low-fat)
- Yogurt (Low fat and/or Greek)

GRAINS

- Bread (wheat, and lighter versions available)
- Brown rice
- Cereal / Granola (Examples: Kashi 7 Whole Grain Flakes)
- English muffins (whole wheat)
- Hamburger buns (wheat, and lighter versions available)
- Old-fashioned oatmeal
- Pita bread (whole wheat)
- Quinoa
- Spaghetti / Pasta (protein-based available)
- Tortillas (whole wheat)
- Whole-wheat flour

SPICES

- Basil
- Chili flakes
- Chili powder
- Cilantro
- Cinnamon
- Cloves of fresh garlic
- Cumin
- Dill weed
- Garlic powder
- Ginger
- Oregano
- Paprika
- Parsley
- Pepper
- Salt

SPREADS/OILS/DRESSINGS/ COOKING INGREDIENTS

- Almond butter
- Balsamic vinegar
- Broths (Chicken, Beef, or Vegetable)
- Coconut oil
- Cooking spray
- Extra virgin olive oil
- Italian vinaigrette
- Mayo (low-fat)
- Peanut butter/ PB2 powder



PRO CARE HEALTH
BARIATRIC VITAMINS & SUPPLEMENTS

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VEGETABLES

- Artichokes
- Asparagus
- Banana Peppers
- Beans (Canned or Dried: kidney, pinto, or black beans)*
- Beets (fresh from produce section)
- Bell peppers
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots*
- Cauliflower
- Celery
- Chives
- Corn (Fresh, frozen, or canned)*
- Cucumbers
- Eggplant
- Garlic
- Green beans/Sting Beans
- Greens (Mustard, Collard, Turnip, Swiss Chard)
- Hummus
- Lettuce (Try varieties: Romaine, Bib, Butterhead, Arugia)
- Mushrooms
- Onions
- Parsnips/Turnips*
- Peas*
- Potatoes (white)*
- Pumpkin*
- Radish
- Scallions
- Snow peas*
- Spinach
- Sprouts (Bean, Alfalfa)
- Squash (Some examples: Acorn, Summer, Butternut, Zucchini, Spaghetti and Eggplant)*
- Sweet potatoes/Yams*
- Tomatoes (Fresh varieties or canned)
- Water chestnuts

FRUIT

- Apples
- Apricots
- Avocados
- Bananas*
- Blackberry
- Blueberry
- Cantaloupe
- Cherries
- Cranberry
- Currant
- Dragon Fruit
- Dried Fruit*
- Elderberry
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Kumquat
- Lemon
- Lime
- Mango
- Nectarines
- Oranges
- Papaya
- Passion Fruit
- Peaches
- Pears
- Pineapple
- Plums
- Raspberry
- Tangerines/ Tangelos
- Watermelon

***Vegetables and fruits higher in starches**

