

# Slim on Starch

## Grocery List

### HOW THIS GROCERY LIST WORKS

*This document contains two shopping lists.*

*You can either shop by...*

*1. Sections of the diet*

*2. Sections of the grocery store*

*Please choose the method which best suits you. You do not need to buy everything on this list.*

### MONEY-SAVING TIPS

- Buy from the **“reduced” produce section**. Usually these items are at their peak ripeness or have a minor bruise. Either way - they’re fine to eat! In fact, I only buy bananas from this section, as they’re the only ripe ones!
- Buy **frozen fruits and veggies**. These are actually fresher than fresh produce! They’re picked at peak ripeness and then frozen.
- Buy in **bulk**! Foods like rice, oats, dry beans, and other grains can be purchased in bulk for super cheap.
- Don’t buy pre-cut. The price of pre-chopped veggies can be more than triple that of the loose produce!
- Ask for **case discounts**. At stores like Whole Foods, you can get a percentage off when you buy a certain amount

## List #1: Sections of the Diet

*The Slim on Starch diet is made up of four main categories: starch, vegetables, fruits, and legumes. Additional categories are condiments and spices.*

### STARCH

- |   |  |
|---|--|
| <input type="checkbox"/> POTATOES       | <input type="checkbox"/> MILLET        |
| <input type="checkbox"/> SWEET POTATOES | <input type="checkbox"/> OATS          |
| <input type="checkbox"/> YAMS           | <input type="checkbox"/> CORN          |
| <input type="checkbox"/> BLACK RICE     | <input type="checkbox"/> PUMPKIN       |
| <input type="checkbox"/> BROWN RICE     | <input type="checkbox"/> WINTER SQUASH |
| <input type="checkbox"/> WILD RICE      | <input type="checkbox"/> BUCKWHEAT     |
| <input type="checkbox"/> QUINOA         |  |

## NON-STARCHY VEGETABLES

- ☐ ASPARAGUS
- ☐ ARTICHOKE
- ☐ BOK CHOY
- ☐ BROCCOLI
- ☐ BRUSSELS SPROUTS
- ☐ BEETS
- ☐ CABBAGE
- ☐ CAULIFLOWER
- ☐ CARROTS
- ☐ CELERY
- ☐ CUCUMBER
- ☐ EGGPLANT
- ☐ GREEN BEANS
- ☐ HEARTS OF PALM
- ☐ JICAMA
- ☐ LEEKS
- ☐ LEAFY GREENS
- ☐ MUSHROOMS
- ☐ ONIONS
- ☐ PEPPERS
- ☐ RADISHES
- ☐ SAUERKRAUT
- ☐ SCALLIONS
- ☐ SNOW PEAS
- ☐ SUMMER SQUASH
- ☐ SPAGHETTI SQUASH
- ☐ TOMATOES
- ☐ TURNIPS
- ☐ WATER CHESTNUTS
- ☐ WATERCRESS
- ☐ ZUCCHINI

## FRUITS

- ☐ APPLES
- ☐ BANANAS
- ☐ BERRIES (ALL TYPES)
- ☐ CHERRIES
- ☐ DRAGON FRUIT
- ☐ FIGS
- ☐ GRAPES
- ☐ GRAPEFRUIT
- ☐ PLUMS
- ☐ KIWI
- ☐ KUMQUATS
- ☐ LYCHEE
- ☐ MANGO
- ☐ MELON
- ☐ NECTARINES
- ☐ ORANGES
- ☐ PAPAYA
- ☐ PEARS
- ☐ PERSIMMON
- ☐ JACKFRUIT
- ☐ PINEAPPLE
- ☐ RAMBUTAN
- ☐ STARFRUIT

## LEGUMES

- ☐ BEANS (ALL TYPES)
- ☐ PEAS (ALL TYPES)
- ☐ LENTILS (ALL TYPES)

## CONDIMENTS

- ☐ LEMON
- ☐ LIME
- ☐ BALSAMIC VINEGAR
- ☐ VINEGAR (ALL TYPES)

- ☐ TOMATO PASTE
- ☐ HOT SAUCE
- ☐ MUSTARD

## HERBS AND SPICES

- ☐ ALL SPICES
- ☐ ALL HERBS

### *Salt-Free Spice Blends:*

- ☐ NUTRITIONAL YEAST
- ☐ BELL'S SEASONING
- ☐ BENSON'S TABLE TASTY
- ☐ ITALIAN SEASONING

- ☐ KIRKLAND ORGANIC NO-SALT SEASONING
- ☐ MRS. DASH (NO SUGAR)
- ☐ DAK'S EVERYTHING BUT THE SALT SEASONING

## List #2 : Sections of Grocery Store

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### PRODUCE: VEGETABLES (STARCHY & NON-STARCHY)

- ☐ POTATOES
- ☐ SWEET POTATOES
- ☐ YAMS
- ☐ ASPARAGUS
- ☐ ARTICHOKE
- ☐ BOK CHOY
- ☐ BROCCOLI
- ☐ BRUSSELS SPROUTS
- ☐ BEETS
- ☐ CABBAGE
- ☐ CAULIFLOWER
- ☐ CARROTS
- ☐ CELERY
- ☐ CUCUMBER
- ☐ EGGPLANT
- ☐ GREEN BEANS
- ☐ HEARTS OF PALM
- ☐ JICAMA
- ☐ LEEKS

- ☐ LEAFY GREENS
- ☐ MUSHROOMS
- ☐ ONIONS
- ☐ PEPPERS
- ☐ RADISHES
- ☐ SAUERKRAUT
- ☐ SCALLIONS
- ☐ SNOW PEAS
- ☐ SUMMER SQUASH
- ☐ SPAGHETTI SQUASH
- ☐ TOMATOES
- ☐ TURNIPS
- ☐ WATER CHESTNUTS
- ☐ WATERCRESS
- ☐ ZUCCHINI
- ☐ CORN
- ☐ PUMPKIN
- ☐ WINTER SQUASH

## PRODUCE: FRUITS

- ☐ APPLES
- ☐ BANANAS
- ☐ BERRIES (ALL TYPES)
- ☐ CHERRIES
- ☐ DRAGON FRUIT
- ☐ FIGS
- ☐ GRAPES
- ☐ GRAPEFRUIT
- ☐ PLUMS
- ☐ KIWI
- ☐ KUMQUATS
- ☐ LYCHEE
- ☐ MANGO
- ☐ MELON
- ☐ NECTARINES
- ☐ ORANGES
- ☐ PAPAYA
- ☐ PEARS
- ☐ PERSIMMON
- ☐ JACKFRUIT
- ☐ PINEAPPLE
- ☐ RAMBUTAN
- ☐ STARFRUIT

## DRY BULK

- ☐ RICE (ALL TYPES)
- ☐ OATS
- ☐ DRY BEANS
- ☐ LENTILS
- ☐ QUINOA
- ☐ MILLET
- ☐ BUCKWHEAT

## CANNED

- ☐ BEANS (ALL TYPES)
- ☐ PEAS (ALL TYPES)
- ☐ LENTILS (ALL TYPES)
- ☐ CORN
- ☐ POTATOES
- ☐ CARROTS
- ☐ MUSHROOMS
- ☐ WATER CHESTNUTS

## CONDIMENTS

- ☐ LIQUID AMINOS
- ☐ BALSAMIC VINEGAR
- ☐ VINEGAR (ALL TYPES)
- ☐ TOMATO PASTE
- ☐ HOT SAUCE
- ☐ MUSTARD

## HERBS AND SPICES

☐ ALL SPICES

☐ ALL HERBS

*Salt-Free Spice Blends:*

☐ NUTRITIONAL YEAST

☐ BELL'S SEASONING

☐ BENSON'S TABLE TASTY

☐ ITALIAN SEASONING

☐ KIRKLAND ORGANIC  
NO-SALT SEASONING

☐ MRS. DASH (NO SUGAR)

☐ DAK'S EVERYTHING BUT  
THE SALT SEASONING

**FROZEN**

☐ CORN

☐ PEAS

☐ BUTTERNUT SQUASH

☐ HASH BROWNS (NO OIL)

☐ RICE (NO OIL)

☐ QUINOA

☐ NON-STARCHY  
VEGETABLES (NO SAUCE)

☐ FRUITS (NO SUGAR)