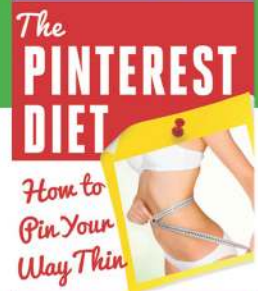


The Pinterest Diet Shopping List

TRANSFORM YOUR LIFE IN 30 DAYS!



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(*) MSF Factor Foods

Fruits

- Apples*
- Apricots
- Avocados*
- Bananas*
- Blackberries*
- Blueberries
- Cantaloupe
- Cherries*
- Coconut
- Cranberries
- Dates
- Figs
- Goji berries
- Grapefruit
- Grapes
- Guava
- Honeydew
- Kiwifruit*
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears*
- Persimmons
- Pineapples
- Pomegranates
- Plums Prunes*
- Raisins
- Raspberries*
- Strawberries*
- Watermelon*

Vegetables

- Acorn squash
- Artichokes
- Arugula
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage*
- Carrots*
- Cauliflower Celery
- Collard greens
- Corn
- Cucumbers
- Dandelion greens
- Endive
- Eggplant
- Fennel
- Garlic
- Ginger, fresh
- Green beans
- Horseradish
- Jicama
- Kale*
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers (hot: cayenne, chili jalapeno)
- Peppers (sweet: red, orange, green, red)
- Pumpkin
- Radicchio
- Radishes
- Rainbow chard
- Red onions
- Romaine lettuce
- Rutabagas
- Shallots
- Snow Peas
- Spinach*
- Squash
- Sweet potatoes*
- Swiss chard
- Tomatoes
- Turnips
- Turnip greens
- Watercress
- Water chestnuts
- Yellow squash
- Zucchini

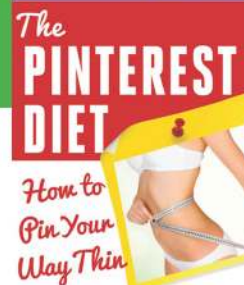
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Beans and Legumes*

- Adzuki beans
- Black beans
- Black-eyed peas
- Butter Beans
- Garbanzo beans (chickpeas)
- Great Northern beans
- Green peas
- Kidney beans
- Lentils (brown, green, red)
- Lima beans
- Navy beans
- Split peas
- White beans

Nuts, Seeds, and Nut Butters

- Almond butter*
- Almonds*
- Brazil nuts Cashew butter*
- Cashews
- Chia seeds*
- Flaxseeds
- Hempseeds, hulled
- Hazelnuts
- Hempseeds
- Macadamia nuts
- Peanut butter*
- Peanuts*
- Pecans*
- Pine nuts
- Pistachios*
- Pumpkin seeds
- Sesame butter
- Sesame seeds
- Sunflower seeds
- Tahini Walnuts*
- Other nut and seed butters made from above list (natural only)

Soy Products

- Edamame (soybeans)
- Fermented soy products (tempeh and miso)
- Natto
- Tofu (limit to twice monthly)

Dairy

- Cheeses, natural*
- Chocolate milk, 1%
- Cottage cheese, 1%*
- Cream cheese, reduced fat
- Kefir
- Organic milk, 1%*
- Low-fat organic Greek Yogurt*
- Low-fat plain yogurt
- Sour cream, light

Eggs

- Organic, cage-free eggs*
- Fats and Oils
- Almond oil
- Avocado oil
- Coconut oil*
- Extra virgin olive oil* (do not use for sautéing as it has a low smoke point)
- Macadamia nut oil
- Olive Oil
- Walnut oil

Fish and Seafood

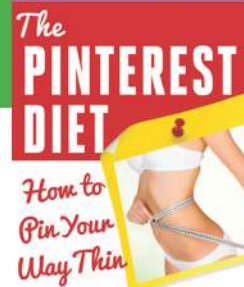
- Barramundi
- Clams*
- Cod*
- Crayfish*
- Lobster
- Mackerel*
- Mussels*
- Oysters*
- Salmon, wild*
- Sardines*
- Scallops*
- Shrimp*
- Tilapia, US
- Tuna*
- Mahi Mahi

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Grains

- Amaranth*
- Barley*
- Buckwheat
- Brown rice
- Bulgur
- Chia seeds*
- Corn tortillas
- Couscous (whole wheat)
- Duram
- Freekah*
- Kamut*
- Millet
- Oats* (old-fashioned rolled oats and steel-cut)
- Oat bran
- Quinoa*
- Spelt
- Teff
- Wheatberries
- Wheat bran
- Whole wheat bread, pasta, pita, English muffins, etc.*
- Wild rice

Meat and Poltry

- Chicken breasts, skinless*
- Turkey breasts
- Lean ground beef such as Laura's Lean Beef*
- Filet mignon
- Bison
- Pork chop
- Pork tenderloin*
- Lamb Venison

Beverages (including non-dairy milks)

- Almond milk
- Coffee
- Cranberry juice
- Fresh vegetable and fruit juices
- Hemp milk
- Tea (green, black, white, and yerba mate)
- Wine (preferably red)

Sweeteners

- Honey

Herbs, Spices, and Condiments

- Use any fresh and dried herbs and spices.
- Some of the best ones are listed below.
- Apple cider vinegar
- Balsamic vinegar
- Barbecue sauce
- Basil
- Black pepper
- Broths, organic, low-sodium (vegetable and chicken)
- Cardamom
- Cloves
- Cinnamon
- Cumin
- Garlic
- Ginger
- Horseradish
- Hot sauce
- Ketchup
- Light mayo
- Mustard
- Oregano
- Parsley
- Pepper
- Rosemary
- Sage
- Salsa
- Sea salt
- Soy sauce (low-sodium)
- Thyme
- Turmeric

Other

- Chocolate, dark (at least 70% cocoa)

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