

O2 Diet Shopping List

Produce

Fresh Fruit

Fuji apples
Gala apples
Granny Smith apples
Red Delicious apples
Apricots
Avocados (Remember, avocado is really a fat!)
Bananas
Blackberries
Blueberries
Raspberries
Strawberries
Cantaloupe
Cherries
Figs
Grapefruit
Red grapes
White grapes
Guavas
Honeydew
Kiwifruit
Mangoes
Nectarines
Oranges
Papayas
Passion fruit
Peaches
Pears
Pineapple, extra sweet variety
Plums
Pomegranates
Prunes
Tangerines
Watermelon

Frozen Fruit

Cascadian Farm Organic Blueberries
Cascadian Farm Organic Cherries



Cascadian Farm Organic Strawberries
Sambazon Pure Unsweetened Acai Organic Berry Puree
Smoothie Packs

Other

Currants
Raisins
Eden Organic Dried Cranberries
Santa Cruz Organic Apple Blackberry Sauce
Santa Cruz Organic Apple Sauce
Shiloh Farms Pitted Bing Cherries

Fresh Vegetables

Corn*
Red potatoes*
Russet potatoes*
Sweet potatoes*
White potatoes*
Butternut squash*
Spaghetti squash*
Alfalfa sprouts
Artichokes
Arugula
Asparagus
Beets
Bok choy
Broccoli
Broccoli rabe
Brussels sprouts
Cabbage
Red cabbage
Carrots
Cauliflower
Celery
Cucumbers
Dandelion greens
Eggplant
Fennel
Garlic
Green beans
Jicama
Kale



Leeks
Boston/Bibb lettuce
Red leaf lettuce
Romaine lettuce
**Remember, these are considered starches!*

Mushrooms
Red onions
Sweet onions
White onions
Yellow onions
Green bell peppers
Orange bell peppers
Red bell peppers
Yellow bell peppers
Jalapeño chile peppers
Radishes
Scallions
Snow peas
Spinach
Swiss chard
Grape tomatoes
Plum tomatoes
Red tomatoes
Water chestnuts
Watercress
Zucchini
Kombu Seaweed Noodles

Frozen Vegetables

Asparagus
Broccoli
Corn
Peas
Spinach
Cascadian Farm Organic Frozen Mixed Vegetables: Carrots, Corn, and Peas
Columbia River Organics Harvest Trio
Dr. Praeger's Pancakes (Spinach, Broccoli, Sweet Potato)
Seapoint Farms Veggie Blends: Eat Your Greens (My fave!)
Seapoint Farms Veggie Blends: Oriental Blend

Grocery



Breads

Pumpnickel bread
Whole grain/seven-grain bread
Whole wheat bread
Damascus Bakeries Flax Roll-Ups
French Meadow Bakery Hemp Bread
Nature's Path Organic Pomegran Plus with Oatbran Waffles (frozen)
Rudi's Organic Bakery Whole Grains & Fiber: Wheat & Oat Bread
Thomas' Sahara Mini Whole Wheat Pita Bread
Vermont Bread Company 14 Grains Organic Oat Bread
Vermont Bread Company Oat Bran Oatmeal Bread

Cereals

Steel-cut oats
Arrowhead Mills Instant Oatmeal: Original Plain
Health Valley Organic Fiber 7 Multigrain Flakes
Health Valley Organic Oat Bran Flakes
Kellogg's All-Bran
McCann's Irish Oatbran Hot Cereal
Nature's Path Organic SmartBran with Psyllium & Oat Bran
Quaker Instant Oatmeal
Uncle Sam Instant Oatmeal
Uncle Sam Toasted Whole-Wheat Flakes & Flaxseed Original
Crackers, Chips, and Popcorn
Bearitos Organic No Oil Added Microwave Popcorn
FiberRich Bran Crackers
Garden of Eatin' Microwave Popcorn, no oil added
GG Scandinavian Bran Crispbread
Newman's Own Organics Pop's Corn No Butter/No Salt 94% Fat-Free
Ryvita Rye & Oat Bran Whole Grain Rye Crispbread
Wasa Fiber Rye with Sesame & Oats Crispbread

Grains

Amaranth
Bulgur
Kamut
Millet
Quinoa
Bob's Red Mill Bulgur
DeBoles Gluten Free Multi Grain Spaghetti Style Pasta Made with Rice,
Quinoa, and Amaranth



DeBoles Organic Whole Wheat Angel Hair Made with Jerusalem Artichoke Flour

DeBoles Organic Whole Wheat Plus Golden Flax Angel Hair

Eden 100% Buckwheat Soba Noodles

Kretschmer Wheat Germ

Soup

Health Valley Fat-Free Black Bean & Vegetable Soup

Health Valley Fat-Free Chicken Broth

Health Valley Five Bean and Vegetable Soup

Health Valley No-Salt-Added Organic Black Bean Soup

Health Valley Organic 14 Garden Vegetable Fat-Free Soup

Health Valley Organic Potato Leek Soup No Salt Added

Imagine Bistro Organic Cuban Black Bean Bisque

Imagine Natural Creations Light in Sodium Creamy Red Bliss Tomato & Roasted Garlic Soup

Imagine Natural Creations Organic Lentil Apple Soup

Imagine Organic Sweet Potato Soup

Other Packaged Foods

Arrowhead Mills Organic Oat Flour

Arrowhead Mills Whole Grain Organic Pastry Flour

Marinated artichoke hearts packed in water (canned or jarred)

Monterey Farms artihearts

Black bean dip

Black beans

Black-eyed peas

Chickpeas

Kidney beans

Lentils

Pinto beans

Split peas

Westbrae beans (My fave!)

Casbah Hummus

Kombu Seaweed Noodles

Libby's 100% Pure Pumpkin

Eggs

The Country Hen Organic Omega-3 Eggs

Horizon Organic Eggs

Land O'Lakes Omega-3 All-Natural Eggs

Organic Valley Organic Large Brown Eggs

Egg Products



Eggology 100% Egg Whites
Gold Circle Farms Cage Free DHA Omega-3 98% Real Eggs
(Liquid egg whites)
Organic Valley Organic Egg Whites

Milk

Hemp Dream Hemp Drink, Original
Hemp Dream Hemp Drink, Vanilla
Oat Dream Oat Drink, Original
Organic Valley Organic Cultured Lowfat Buttermilk
Silk DHA Omega-3 & Calcium, Plain
Silk Light Soymilk, Plain
Silk Soymilk, Plain
Skim Plus Chocolate Milk
Skim Plus Milk
Stonyfield Farm Organic Fat Free Milk
WestSoy Unsweetened Chocolate Soymilk
WestSoy Unsweetened Vanilla Soymilk

Yogurt

Fage Total 0% Greek Yogurt
Oikos Organic Greek Yogurt, Plain
Oikos Organic Greek Yogurt, Vanilla
Silk Plain Soy Yogurt
Stonyfield Farm Light Smoothie
Stonyfield Farm Organic Probiotic Fat-Free Yogurt
True Organic Lactose Free Low Fat Plain Yogurt from Vermont

Cheese

Cottage cheese (low fat or fat free)
Part-skim mozzarella cheese
Parmesan cheese
Athenos Crumbled Feta with Garlic and Herb
Athenos Crumbled Reduced Fat Feta Cheese
Cabot 50% or 75% Reduced Fat Cheddar
Friendship All Natural Spreadable Low Fat Cottage Cheese 1% Milk Fat,
Whipped
Lite N' Lively Low-Fat Cottage Cheese
Rachel's Wickedly Delicious Cottage Cheese (Any sweet or savory flavor—I
love Pear Mangosteen!)

Nuts, Nut Butters, and Seeds

Almonds
Brazil nuts



Cashews
Hazelnuts
Macadamia nuts
Peanuts
Pecans
Pine nuts
Pistachios
Sesame seeds
Sunflower seeds
Walnuts

Bob's Red Mill Finely Ground Almond Meal
MaraNatha Natural No Salt Added Creamy & Roasted Almond Butter
MaraNatha Natural No Salt Added Creamy & Roasted Cashew Butter
MaraNatha Natural No Salt Added Creamy & Roasted Peanut Butter
Spectrum Cold Milled Organic Ground Premium Flaxseed
Spectrum Cold Milled Ground Premium Flaxseed with Mixed Berries

Oils

Extra virgin olive oil
Colavita 100% Organic Olive Oil
Nutiva Extra-Virgin Coconut Oil
Spectrum Canola Oil
Spectrum Grapeseed Oil
Spectrum Organic Extra Virgin Olive Oil
Spectrum Organic Unfiltered Omega-3 Olive Oil
Spectrum Peanut Oil
Spectrum Safflower Oil
Spectrum Toasted Sesame Oil
Spectrum Walnut Oil

Poultry

Fresh

Skinless chicken breast
Cornish hen
Fat-free ground turkey
Turkey breast
Applegate Farms Oven Roasted Turkey Breast deli slices

Frozen

Chicken/turkey meatballs
Applegate Farms Organic Turkey Burger
Bell & Evans Grilled Chicken Breasts



Free Bird Grilled Chicken Breast Strips

Other

Applegate Farms Natural Turkey Bacon

Applegate Farms Organic Chicken Hot Dogs

Applegate Farms Organic Turkey Hot Dogs

Han's All Natural Chicken Sausage

SnackMasters Range Grown Natural Turkey Jerky

Seafood

Fresh

Clams

Cod

Flounder

Halibut

King crab

Lobster

Mackerel

Mahimahi

Mussels

Red snapper

Salmon (wild)

Sardines

Scallops

Sea bass

Shrimp

Sole

Tilapia

Tuna

Frozen

Whole catch halibut

Whole catch shrimp in a bag

EcoFish Frozen Coho Alaska Salmon Fillets

EcoFish Frozen Organic Shrimp

St. Dalfour Gourmet On the Go Wild Salmon with Vegetables

Canned or Vacuum Packed

Tuna (canned chunk light in water)

King Oscar Sardines

SnackMasters All Natural Gourmet Ahi Tuna Jerky

SnackMasters All Natural Gourmet Salmon Jerky

Sunkist Tuna Pouch



VitalChoice Albacore Tuna

Meat

Fresh

Beef sirloin

Beef tenderloin

Flank steak

Ground beef (95% lean)

Extralean ham

Lamb loin

Pork center loin chops

Pork cutlets

Ground pork

Pork tenderloin

Applegate Farms Roast Beef Deli Slices

Applegate Farms Slow Cooked Ham Deli Slices

Great Range Bison Buffalo Steak Medallions

Vegetarian Options

Firm tofu

Tempeh

Dr. Praeger's California Burgers

Gardenburgers

House Foods Tofu Shiritaki Noodles

NaSoya Lite Firm Tofu

Seapoint Farms Edamame Organic Soybeans in Pods

Beverages

Wine

Cabernet

Red

Rosé

White

Tea

Green tea

Celestial Seasonings Black Cherry Berry Herbal Tea

Celestial Seasonings Goji Berry Green Tea

Celestial Seasonings Raspberry Zinger Herbal Tea

Celestial Seasonings Tropical Acai Berry Green Tea

Celestial Seasonings True Blueberry Herbal Tea



The Republic of Tea Daily Green Tea Wild Berry Plum
Traditional Medicinals Organic Roasted Dandelion Root Herbal Tea
Traditional Medicinals Think-O2 Herbal Dietary Supplement

Juice

Blueberry juice
Cranberry juice
Grape juice
Lemon juice
Lime juice
Pomegranate juice
Prune juice
Tomato juice
Vegetable juice
Hollywood Carrot Juice
Lakewood Organic Heart Healthy Pomegranate with Goji 100%

Fruit Juice

Lakewood Organic Pomegranate Lemonade
Mountain Sun Grape and Acai
Mountain Sun Pomegranate and Black Cherry
RW Knudsen Family Simply Nutritious Mega Antioxidant Natural 100% Juice
RW Knudsen Family Simply Nutritious Mega Green Natural 100% Juice
Zico coconut water

Coffee

Whatever you like. I prefer Starbucks Breakfast Blend.

Herbs and Spices (I love McCormick and Whole Pantry brands.)

Dried basil leaves
Fresh basil
Black pepper
Cardamom
Chili powder
Chives
Cilantro
Ground cinnamon
Ground cloves
Coriander (cilantro)
Curry powder
Fresh dill weed
Garlic powder
Ginger



Ground ginger
Mint leaves
Yellow mustard seed
Nutmeg
Onion powder
Dried oregano leaves
Fresh oregano
Paprika
Parsley
Fresh peppermint
Poppy seeds
Fresh sage
Fresh tarragon
Ground turmeric

Condiments

Baking powder
Baking soda
Hot cayenne pepper sauce
Canned light coconut milk
Honey
Spicy brown mustard
Pesto
Soy sauce (low sodium)
Turbinado sugar
Oil-packed sun-dried tomatoes
Umeboshi (pickled plums)
Pure vanilla extract
Apple cider vinegar
Brown rice vinegar
Annie's Naturals Organic Pomegranate Vinaigrette
Ba-Tampte White Horseradish
Bragg Organic Healthy Vinaigrette
Buitoni Pesto with Basil
Colavita Marinara Sauce
Cuisine Perel Black Fig Vinegar
Cuisine Perel Blood Orange Vinegar
Cuisine Perel Pomegranate Vinegar
Gourmé Mist Fusions Balsamic Vinegar + Raspberry
Grey Poupon Deli Horseradish Mustard



Grey Poupon Dijon Mustard
Heinz Organic Ketchup
Madhava Agave Nectar
Monari Federzoni Balsamic Vinegar of Modena
Muir Glen Salsa
Real Pickles Organic Red Cabbage
Spectrum Canola Oil Cooking Spray
Spectrum Naturals Organic Golden Balsamic Vinegar
Spectrum Organic Red Wine Vinegar
Spectrum Vegan Caesar Dressing
True Lemon Crystallized Lemon
True Lime Crystallized Lime
True Orange Crystallized Orange

Indulgences

Unsweetened dry cocoa powder
Dagoba Organic Chocolate Beaucoup Berries
Emily's Dark Chocolate Covered Blueberries
Green & Black's Hazelnut & Currant Organic Chocolate Bar
Hershey's Chocolate Syrup
NewTree Alpha Thym Dark Chocolate Bar
Sunspire Chocolate-Covered Blueberries
Sweet Riot
TerrAmazon Organic Cacao Powder with Maca

