

# The Cheater's Diet

## Week 1—Cheater's Shopping List:

- Vegetables: 3 to 5 for the week: spinach, asparagus, red bell peppers, snow/snap peas, carrots
- Fruit: 2-4 types or more, your pick (enough to get you through 5-7 days, 2 servings a day) bananas, grapefruit, strawberries, pears
- Protein: eggs, 1 lb chicken breasts, 8 oz flank steak or tofu, 1 lb shrimp, 1 whole roasted chicken from the grocery store *\*grab on the way home the night you're eating it*
- Healthy carbs: 1 sweet potato, wholegrain cereal (more than 5g fiber, less than 7g sugar), wholegrain bread
- Dairy/calcium: string cheese, shredded mozzarella cheese, feta cheese, 3-4 low-fat plain yogurts or cottage cheese, skim or soy milk
- Other: 2 28-ounce cans of whole plum tomatoes, honey, pine nuts, currants/raisins
- Fresh herbs & spices: chives, parsley, garlic, ginger
- Seasonings & oils: bottle of balsamic vinegar, olive oil and canola oil, low-sodium soy sauce and low-sodium chicken or vegetable broth, 2 lemons
- Snack stuff & staples (for work/home): all-natural peanut or almond butter, hummus (any flavor), all-natural granola bars (>3 grams fiber)
- Dessert/treat: dark chocolate (>70% cacao), all-natural/organic frozen yogurt

## Week 2—Cheater's Shopping List:

- Vegetables: 3 to 5 (or more) vegetables for the week: tomatoes, lettuce, asparagus, sugar snap peas, baby carrots, red onion avocado (technically a fruit!)
- Fruit: 2 to 4 types or more, your pick (enough to get you through 5 to 7 days, 2 servings a day) apples, bananas, berries, melon
- Protein: 4 ounces of flank steak or lamb chops (or 16 ounces for full recipe), ¼ pound Applegate Farms or fresh roasted turkey for wraps and sandwiches
- Healthy carbs: wholegrain cereal (more than 5g fiber, less than 7g sugar), wholegrain bread, whole wheat pita, all-natural granola (<10 grams sugar)
- Dairy/calcium: feta cheese, block of cheddar cheese, 3-4 low-fat plain yogurts or cottage cheese, skim or soy milk
- Other: 1 can chick peas
- Fresh herbs & spices: garlic, dried oregano, sesame seeds
- Seasonings & oils: sesame oil, Dijon mustard, 1 lemon
- Snack stuff & staples (for work/home): all-natural peanut butter, container of unsalted nuts, Laughing Cow/Baby Belle cheese, all-natural granola bars/fruit-nut bars (like Kashi TLC, Lara, Kind bars), hummus (if you don't already have it)
- Ingredients for spinach salad for your friend's dinner party: baby spinach, strawberries, pine nuts, goat cheese
- Dessert/treat: dark chocolate

## Week 3—Cheater's Shopping List:

- Vegetables: 3 to 5 (or more) for the week: kale, 2 red bell peppers, 3 tomatoes, carrots, celery, 2 onions, 1 zucchini, 1 red onion, 1 cucumber, 1 can bamboo shoots
- Fruit: 2 to 4 types or more, your pick (enough to get you through five to seven days, 2 servings a day)  
apples, berries, bananas, plums
- Protein: eggs, 1 pound shrimp, 4 ounces salmon fillet
- Healthy carbs: 2 baby red potatoes, jasmine rice, whole wheat pasta, whole grain cereal (more than 5 grams fiber, less than 7 grams sugar), whole grain bread, plain oatmeal (single-serve packets or Irish steel cut), granola (look for less than 10 grams sugar per serving)
- Dairy/calcium: Parmesan or Pecorino Romano cheese, Laughing Cow, cheddar, or snacking cheese of your choice, 3 or 4 low-fat plain yogurt containers, cottage cheese, skim or soy milk
- Other: 1 28-ounce can whole plum tomatoes, 1 can kidney beans, 2 cans cannellini beans, 1 can pineapple chunks (or 1 ½ cups fresh chunks)
- Fresh herbs and spices: chives, garlic, ginger, cilantro, bay leaves
- Seasonings and oils: peanut oil, Asian fish sauce, low-sodium chicken or vegetable broth, light coconut milk, red curry paste, 1 lime
- Snack stuff and staples: hummus, guacamole, all-natural peanut or almond butter, whole grain crackers (like Wasa or Finn Crisp, more than 3 grams fiber per serving), whole grain tortilla chips, all-natural granola bars (more than 3 grams fiber), all-natural popcorn, roasted nuts/pistachios
- Dessert/treat: dark chocolate, whipped cream

## Week 4—Cheater's Shopping List:

- Vegetables: 3 to 5 (or more) for the week: 4 plum tomatoes, 1 pint cherry tomatoes, 1 avocado, lettuce, 1 pound Brussels sprouts, 1 cucumber, carrots
- Fruit: 2 to 4 types or more, your pick (enough to get you through five to seven days, 2 servings a day) berries, bananas, pineapple, grapes
- Protein: 1 pound chicken breasts, 1 4-ounce salmon fillet, 1 4-pound roasting chicken, eggs
- Healthy carbs: 1 pound fingerling potatoes, 1 sweet potato, 1 parsnip, whole grain cereal (more than 5 grams fiber, less than 7 grams sugar), all-natural granola (less than 10 grams sugar), whole wheat pitas, whole wheat English muffins
- Dairy/calcium: Parmesan cheese, 3 or 4 low-fat plain yogurt containers, cottage cheese, skim or soy milk
- Other: walnuts, cashews, almonds, dried cranberries, ground flaxseed
- Fresh herbs and spices: garlic, thyme, rosemary, truffle salt
- Seasonings and oils: apricot preserves, lemon
- Snack stuff and staples: granola bars (more than 3 grams fiber, like Kashi TLC), hummus (if you don't already have it)
- Dessert/treat: all-natural/organic ice cream/frozen yogurt (like Stonyfield Farms or Häagen Dazs Five), dark chocolate squares/bar, ingredients for the Cheater's Cookie

## Week 5—Cheater's Shopping List:

- Vegetables: 3 to 5 (or more) for the week: 3 tomatoes, 1 pint cherry tomatoes, 1 cucumber, arugula, spinach, 1 onion, zucchini, 2 artichokes, mushrooms
- Fruit: 2 to 4 types or more, your pick (enough to get you through five to seven days, 2 servings a day) apples, bananas, strawberries, pears, watermelon
- Protein: 1 pound chicken breasts, 4 ounces shrimp, 1 pound ground lamb, eggs, 1 can tuna, turkey/veggie bacon
- Healthy carbs: whole grain cereal (more than 5 grams fiber, less than 7 grams sugar) whole grain bread, whole wheat pasta, whole wheat pancake mix
- Dairy/calcium: feta cheese, cheddar cheese, string cheese, 3 or 4 low-fat plain yogurt containers, cottage cheese, skim or soy milk
- Other: kalamata olives, dates, 1 can artichoke hearts, sun-dried tomatoes, 1 can veggie chili (like Amy's), pecans
- Seasonings and spices: mint, cumin, coriander, 1 lemon
- Snacks and staples: all-natural granola and/or fruit-nut bars (like Kind, Larabar, Clif Nectar), pistachios, whole wheat fig bars
- Dessert/treat: strawberries, dark chocolate squares/bar

## Week 6—Cheater's Shopping List:

- Vegetables: 3 to 5 (or more) for the week: 2 tomatoes, red bell pepper, carrots, celery, broccoli, eggplant
- Fruit: 2 to 4 types or more, your pick (enough to get you through five to seven days, 2 servings a day) cherries, bananas, strawberries, pineapple, mango
- Protein: 1 pound chicken breasts, 4 ounces shrimp, 2 links turkey sausage, 3 ounces pork loin, 2 ounces smoked salmon, eggs
- Healthy carbs: whole grain cereal (more than 5 grams fiber, less than 7 grams sugar), whole grain bread, whole wheat English muffins, whole wheat penne, soba noodles, brown jasmine rice, quinoa
- Dairy/calcium: Parmesan cheese, fresh mozzarella, reduced-fat cream cheese, 3 or 4 low-fat plain yogurt containers, cottage cheese, skim or soy milk
- Other: mixed Greek/Italian olives, pine nuts, light coconut milk, currants
- Seasonings and spices: basil, garlic, ginger, curry powder, cilantro, 1 lemon
- Snack stuff and staples: hummus
- Dessert/treat: chocolate syrup, coconut flakes, banana, butterscotch chips (if they can't stay in the pantry without being devoured, skip them!)

## Week 7—Cheater's Shopping List:

- Vegetables: 3 to 5 (or more) for the week: 3 tomatoes, red and yellow bell pepper, asparagus, peas, arugula, 3 ears fresh corn, red onion
- Fruit: 2 to 4 types or more, your pick (enough to get you through five to seven days, 2 servings a day) peaches, apples, watermelon, strawberries, figs
- Protein: 4 ounces halibut, 4 ounces snapper, 1 pound scallops,  $\frac{1}{4}$  pound fresh roasted sliced turkey, 4 ounces ground bison, eggs
- Healthy carbs: whole grain cereal (more than 5 grams of fiber, less than 7 grams of sugar), whole grain bread, soft corn tortillas, sweet potato, barley
- Dairy/calcium: feta cheese, cheddar, 3 or 4 low-fat plain yogurt containers, cottage cheese, skim/soy/almond milk
- Other: 1 can cannellini beans
- Seasonings and spices: basil, garlic, mint, 1 lemon, 1 lime
- Snack stuff and staples: jar of almond or cashew butter (or finish your peanut butter), hummus
- Dessert/treat: heavy cream for the whipped cream, dark chocolate