Calorie Deficit Grocery List: 45 Simple Foods + Free PDF

Free printable. Full guide and tips: https://betterlifecarez.com/calorie-deficit-grocery-list/

Calorie Deficit Grocery List: 45 Foods by Aisle

How to read the labels:

- **Eat freely:** non-starchy, high-volume foods. Pile them on.
- **Everyday portion:** core foods. One measured serving per meal.
- **Moderate:** nutritious but calorie-dense. Measure every time.
- **Limit:** lots of calories, little fullness. Occasional only.

All values are approximate, per the serving listed. Check your brand's label.

1. Lean Proteins

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Skinless chicken breast	3 oz cooked	140	26	Everyday portion
Canned tuna in water	3 oz drained	100	22	Everyday portion
Eggs	1 large	70	6	Everyday portion
Plain nonfat Greek yogurt	3/4 cup	100	17	Everyday portion
Low-fat cottage cheese	1/2 cup	90	12	Everyday portion
Cod or tilapia	3 oz cooked	100	20	Everyday portion
Shrimp	3 oz cooked	85	20	Everyday portion
93% lean ground turkey	3 oz cooked	170	22	Everyday portion
Salmon	3 oz cooked	175	22	Everyday portion

A 3-ounce (about 85 g) portion is roughly the size of a deck of cards.

2. Non-Starchy Vegetables

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Spinach	2 cups raw	15	2	Eat freely
Romaine lettuce	2 cups shredded	15	1	Eat freely
Broccoli	1 cup raw	30	3	Eat freely
Cauliflower	1 cup raw	25	2	Eat freely
Zucchini	1 cup sliced	20	1	Eat freely
Bell pepper	1 medium	30	1	Eat freely
Green beans	1 cup	35	2	Eat freely
Mushrooms	1 cup sliced	15	2	Eat freely
Cherry tomatoes	1 cup	25	1	Eat freely

Plain frozen bags count too. Skip the ones packed in butter or cheese sauce.

3. Fruits

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Strawberries	1 cup halves	50	1	Eat freely
Raspberries	1 cup	65	1	Eat freely
Blueberries	1 cup	85	1	Everyday portion
Apple	1 medium	95	Under 1	Everyday portion
Orange	1 medium	65	1	Everyday portion
Banana	1 medium	105	1	Everyday portion

Raspberries carry about 8 grams of fiber per cup, which puts them among the highest-fiber fruits you can buy.

4. Whole Grains and Starchy Foods

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Rolled oats	1/2 cup dry	150	5	Everyday portion
Brown rice	1/2 cup cooked	110	2	Everyday portion
Whole wheat bread	1 slice	80	4	Everyday portion
Sweet potato	1 medium baked	105	2	Everyday portion
Potato with skin	1 medium baked	160	4	Everyday portion
Air-popped popcorn	3 cups	95	3	Everyday portion

Potatoes are fine. The sour cream and butter on top are where the calories pile up.

5. Beans and Plant Proteins

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Canned black beans	1/2 cup rinsed	110	7	Everyday portion
Lentils	1/2 cup cooked	115	9	Everyday portion
Chickpeas	1/2 cup cooked	135	7	Everyday portion
Extra-firm tofu	3 oz	90	9	Everyday portion
Shelled edamame	1/2 cup	95	9	Everyday portion

Beans deliver protein and fiber together, a combination that many people find keeps them full.

6. Healthy Fats and Dairy Extras

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Olive oil	1 tbsp	120	0	Moderate
Avocado	1/3 medium	80	1	Moderate
Almonds	1 oz (about 23)	165	6	Moderate
Peanut butter	2 tbsp	190	7	Moderate
Part-skim string cheese	1 stick	80	7	Everyday portion
Skim milk	1 cup	85	8	Everyday portion

Measure oils and nut butters with a spoon. Free-pouring can easily double the calories.

7. Foods to Limit

Item	Serving	Calories (approx.)	Protein g (approx.)	Label
Regular soda	12 oz can	150	0	Limit
Orange juice	8 oz (240 ml)	110	2	Limit
Potato chips	1 oz	150	2	Limit
Bakery muffin	1 large	400 (varies)	6	Limit

Limit doesn't mean never. These are treats, not daily staples.