

The Jumpsuit Way Jumpstart Program Approved Grocery Guide



Healthy fats (Mono and Poly saturated fats)

Avocado

Hummus

Unsalted Nuts (almonds, peanuts, pistachios, pine nuts, cashews, walnuts, brazil, etc.)

Unsalted Seeds (flaxseed, sunflower seeds, sesame seeds, pumpkin seeds, etc.)

Oils (Olive, Avocado, etc.)

Fatty fish (salmon, etc.)



Complex carbohydrates

Oatmeal (Not the flavored kind; still cut oat, old fashioned oats, quick oats are great)

Chickpeas (Garbanzo beans)

Rice (brown, wild, etc.)

Sweet potato

Lentils, Beans (black, red kidney, etc.)

100% whole grains

Corn (Starchy vegetable)

Quinoa, Barley, Sorghum, Millet

Fresh Fruits



Lean protein (skin off- fresh or frozen)

Fish (salmon, tuna, halibut, tilapia, mackerel, sardines etc.)

Chicken

Turkey

Unsalted Nuts (almonds, peanuts, pistachios, pine nuts, cashews, walnuts, etc.)

Eggs

Plain Greek Yogurt/Nondairy Yogurt

Cottage cheese

Lean meats (flank steak, sirloin tip, eye of round, top round, tenderloin, top loin, rump roast, extra lean ground beef etc.)

Beans (black, red kidney, garbanzo, etc.)

Lentils



Vegetables (fresh or frozen)

Spinach

African Veggies (Waterleaf, Huckleberry, Bitter leaf, Green, Eru, Okongobong, etc.)

Cabbage

Lettuce

Carrots

Green beans, Snap Peas

Asparagus

Eggplant
Cauliflower
Squash (butternut, acorn, etc.)
Pumpkin
Zucchini
Bell Peppers
Celery
Tomatoes
Broccoli
Kale
Collard greens, Turnip greens
Beets
Brussel sprouts
Mushrooms, etc.



Fruits (fresh or frozen)

Apples
Grapes
Pineapples
Berries (strawberries, blueberries, raspberries, blackberries)
Mangos
Kiwis
Papaya/Pawpaw
Citrus fruits (grapefruits, oranges, tangerines, lemon, lime)

Cantaloupes

Watermelon

Bananas, etc.



Seasonings

African spices (country onion, bebe, bush black pepper, etc.)

Herbs (thyme, dill, rosemary, basil, cilantro, parsley, cloves, bay leaves, etc.)

Cinnamon, Nutmeg

Citrus fruits (Lemon, Lime, Oranges, etc.)

Garlic, Ginger

G Hughes 10 cal sauces (sweet & spicy chilli sauce, etc)

Turmeric, cumin, coriander, curry, mustard seeds, Red chili flakes, Cayenne pepper, etc.

Mrs. Dash seasonings (highly recommended...low sodium)

***Unpasteurized Vinegars (Vinegar may be considered beneficial for improving insulin resistance and metabolic abnormalities in people with prediabetes)



Drinks

Water/Infused water/Sparkling/ Seltzer

Almond/ cashew/coconut/skim milk/etc.

Black coffee and Herbal teas (green, mint, ginger, rooibos, black, white, chamomile, etc.



Sweeteners

Stevia/Truvia

Monk Fruit

