



TEAM LEAN WEEK 6 HEALTHY EATING CHALLENGE

2/11-2/17

Pick up one of these ingredients and attach your store receipt to this form and turn in to a YMCA staff member for bonus points.

Name _____ Ind/Team _____

GRAINS, LEGUMES, & STARCHES

- High-fiber cereal
- Oats
- Panko breadcrumbs
- Sweet potatoes or yams



- Whole-wheat or gluten-free pasta
- Brown rice
- Quinoa



- Whole-wheat, gluten-free, or sprouted bread
- Whole-wheat wraps
- Whole-wheat English muffins

MEAT/PROTEIN

- Boneless, skinless chicken breast
- Wild salmon
- Filet, hanger, flank, sirloin, or 93% lean ground beef
(Ideally grass-fed and organic)
- Turkey bacon



- Firm tofu
- Tempeh
- Frozen edamame

PRODUCE

- Onions
 - 3 in-season fruits*, including 1 berry
 - 5 in-season vegetables*, including 1 leafy green
- *Aim for one new fruit and one new vegetable (or ones you haven't had in a while)*



DAIRY

- Nonfat milk or non-dairy milk
- Low-fat or nonfat plain Greek or regular yogurt
- Eggs

Optional:

- Parmesan cheese
- Low-fat cheese



CANNED GOODS

- Tomato sauce
- Low-sodium vegetable and/or chicken broth
- 1 can no-salt-added beans or lentils
- 1 can chunk light or Albacore tuna
- Low-sodium soup



Optional:

- Canned sardines with bones

OILS, VINEGARS, & CONDIMENTS

- Extra-virgin olive oil
- White wine vinegar
- Mustard
- Low-sodium soy sauce



Optional:

- Canola oil
- Other vinegars (balsamic, rice, red wine)
- Ketchup
- Horseradish
- Low-sodium Worcestershire sauce

SEASONINGS

- Kosher salt
- Black pepper
- Lemons or limes
- Fresh or bottled minced garlic
- Agave

Optional:

- Sea salt
- Fine salt
- Capers



DRIED HERBS & SPICES

- Cinnamon
- Cumin
- Crushed red pepper
- Rosemary
- Thyme
- Turmeric



FROZEN FOODS

- Vegetables
- No-sugar-added berries or other fruit

- Extra-lean ground turkey meat
- Vacuum-sealed fish
- Shrimp



- Vegetable burgers

(no more than 200 calories, at least 4g protein and 4g fiber; be sure vegetables are in the ingredients list)

- Healthy meals

(with no more than 500mg sodium per serving)