

17 Day Diet Grocery List

17 Day Diet Allowed Food List CYCLE 1

An extensive list for the 17 Day Diet. Each cycle you complete you get to add more foods! I wish you luck! Check out our other food lists for Cycle 2 and Cycle 3 on our website:

www.HealthyHappySmart.com

VEGETABLES

(Allowed in unlimited quantities.)

- ☐ artichoke hearts
- ☐ asparagus
- ☐ bell peppers (red, orange, yellow and green)
- ☐ broccoli
- ☐ brussels sprouts
- ☐ cabbage
- ☐ carrots
- ☐ cauliflower
- ☐ celery
- ☐ cucumbers
- ☐ eggplant
- ☐ garlic
- ☐ green beans
- ☐ kale
- ☐ leafy greens
- ☐ leeks
- ☐ mushrooms
- ☐ okra
- ☐ onions
- ☐ parsley
- ☐ scallions
- ☐ spinach
- ☐ tomatoes
- ☐ watercress
- ☐ green lettuce
- ☐ red lettuce
- ☐ butter lettuce
- ☐ romaine lettuce
- ☐ iceberg lettuce
- ☐ Arugula/Rocket Lettuce
- ☐ Collard greens
- ☐ Swiss Chard

FATS/OILS

(Allowed 2 servings a day.)

- ☐ Olive oil (1 TBSP = 1 serving)
- ☐ Flaxseed oil (1 TBSP = 1 serving)
- ☐ Fish oil (1 TBSP = 1 serving)

(NOTE: Some people use 1 TBSP flaxseed meal as their fat to help with constipation.)

PROTEINS/MEATS

(Allowed in unlimited quantities.)

- ☐ Fish
- ☐ Salmon (canned or fresh)
- ☐ Cod
- ☐ Haddock
- ☐ Sole
- ☐ Flounder
- ☐ Catfish
- ☐ Tilapia
- ☐ Canned Light Tuna (in water)
- ☐ Chicken Breast
- ☐ Turkey Breast
- ☐ Ground Turkey Breast
- ☐ Eggs
- ☐ Egg Whites
- ☐ Venison
- ☐ Tofu - Only get organic to avoid GMO's.

FRUITS

(Allowed 2 servings a day.)

- ☐ apples (1 medium = 1 serving)
- ☐ berries (all types) (1 cup = 1 serving)
- ☐ grapefruit (1/2 grapefruit = 1 serving)
- ☐ nectarine (1 medium = 1 serving)
- ☐ oranges (1 medium = 1 serving)
- ☐ peaches (1 medium = 1 serving)
- ☐ pears (1 medium = 1 serving)
- ☐ plums (1 medium or 2 small = 1 serving)
- ☐ prickly pear cactus (1 cup diced = 1 serving)
- ☐ prunes (2 small = 1 serving)
- ☐ grapes (1 cup = 1 serving)

PROBIOTICS

(Allowed 2 servings a day.)

- ☐ Yogurt (Greek style, sugar-free fruit flavored, plain or low-fat) (6 oz = 1 serving)
- ☐ Kefir (1 cup=1 serving)
- ☐ Low-fat acidophilus milk (1 cup=1serving)
- ☐ Yakult (small 50 calorie bottle)
- ☐ Live-active Cottage cheese (1/2 cup=1 serving)
- ☐ Reduced salt miso (1 TBSP = 1 serving)
- ☐ Tempeh (4 oz=1 serving)
- ☐ Sauerkraut (1/2 cup=1 serving)
- ☐ Kimchi (1/2 cup=1 serving)
- ☐ Probiotic Pill Supplement

CONDIMENTS + SPICES

(Allowed in moderation.)

- ☐ Salsa
- ☐ Low-carb marinara sauce
- ☐ Lite soy sauce
- ☐ Low-carb ketchup
- ☐ Fat-free sour cream
- ☐ Low-fat, low-sodium broth
- ☐ Truvia/Stevia or Nectresse (non-caloric sweeteners made from natural ingredients)
- ☐ Sugar free jams and jellies
- ☐ Vegetable cooking spray
- ☐ Fat-free cheeses
- ☐ Fat-free salad dressing
- ☐ Salt and Pepper
- ☐ Vinegar
- ☐ Mustard
- ☐ Herbs & Spices: (Avoid pre-made season mixes. Make your own instead with plain dried herbs and spices.)
- ☐ Turmeric, cumin, chili powder, basil, oregano, parsley, chives, dill weed, sage, mustard seed, coriander, fennel, powdered ginger, cinnamon, etc. Sea Salt or Pink Himalayan Salt and Fresh Ground Black Pepper or Crushed Red Pepper Flakes.

ALLOWED DRINKS

- ☐ Water
- ☐ Hot Tea/Iced Tea
- ☐ Coffee (sweetened with stevia/truvia only, and if you use cream - use unsweetened almond/soy/rice milk)

** Drink at least 8 glasses of water a day. Only plain water counts toward water intake. All other beverages are considered "negative water" according to the book - even water with "water flavor enhancers" are considered Negative Water.

We've also got 17 Day Diet Cycle 2 and cycle 3 allowed food guides available on our site. Check them out by clicking the button below.

GET CYCLE 2 & 3 GUIDES

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NOTE: We are not affiliated with 17 day diet book, it's authors or publishers. We just created this handy tool to follow the diet as a guide for anyone wanting to lose weight the healthy way.

17 day diet grocery list is an essential component for anyone looking to embark on the transformative journey of the 17 Day Diet. This diet, developed by Dr. Mike Moreno, is designed to help individuals lose weight effectively in just 17 days by cycling through different phases that emphasize healthy eating habits, increased metabolism, and regular exercise. In this article, we will provide a comprehensive grocery list tailored for each phase of the diet, along with tips on meal planning, preparation, and the importance of choosing the right foods.

Understanding the 17 Day Diet Phases

Before diving into the grocery list, it's crucial to understand the structure of the 17 Day Diet. This program is divided into four distinct cycles, each lasting 17 days:

Cycle 1: Activate

The first cycle focuses on detoxification and rapid weight loss. It emphasizes lean proteins, vegetables, and low-sugar fruits.

Cycle 2: Activate (Continued)

This phase is similar to Cycle 1 but allows for additional foods, focusing on gradual weight loss while maintaining the metabolism boost.

Cycle 3: Achieve

During this phase, the diet introduces more variety, including whole grains and healthy fats, while maintaining weight loss.

Cycle 4: Arrive & Thrive

The final cycle is about maintaining weight loss and establishing a long-term healthy eating pattern.

Essential Grocery List for the 17 Day Diet

To make your journey easier, we have compiled a detailed grocery list for each cycle of the 17 Day Diet.

Cycle 1 Grocery List

- Proteins:
- Chicken breast
- Turkey breast

- Fish (such as salmon, tilapia, or cod)
- Lean beef
- Eggs
- Vegetables:
 - Spinach
 - Kale
 - Broccoli
 - Cauliflower
 - Bell peppers
 - Zucchini
 - Asparagus
 - Tomatoes
- Fruits:
 - Apples
 - Berries (strawberries, blueberries, raspberries)
 - Grapefruit
 - Lemons
- Dairy:
 - Greek yogurt (plain, low-fat)
 - Cottage cheese (low-fat)
- Others:
 - Olive oil (for cooking)
 - Spices and herbs (garlic, onion powder, basil, oregano, etc.)
 - Green tea or herbal teas

Cycle 2 Grocery List

- Proteins:
 - Continue with proteins from Cycle 1
 - Add shrimp and tofu for variety
- Vegetables:
 - Continue with vegetables from Cycle 1
 - Introduce carrots and green beans
- Fruits:
 - Continue with fruits from Cycle 1
 - Add peaches and pears
- Whole Grains:
 - Quinoa
 - Brown rice
 - Oats
- Others:

- Low-sodium chicken or vegetable broth
- Nuts (almonds, walnuts) in moderation

Cycle 3 Grocery List

- Proteins:
 - Continue with proteins from previous cycles
 - Add lean pork or legumes (beans, lentils)
- Vegetables:
 - Continue with vegetables from previous cycles
 - Add sweet potatoes and corn
- Fruits:
 - Continue with fruits from previous cycles
 - Add bananas and oranges
- Whole Grains:
 - Continue with grains from Cycle 2
 - Whole wheat pasta
- Healthy Fats:
 - Avocado
 - Chia seeds
 - Flaxseeds
- Others:
 - Low-fat cheese (in moderation)

Cycle 4 Grocery List

- Proteins:
 - Continue with proteins from previous cycles
 - Consider incorporating more fish varieties
- Vegetables:
 - Continue with a variety of vegetables from previous cycles
- Fruits:
 - Continue with a variety of fruits from previous cycles
- Whole Grains:
 - Continue with grains from previous cycles
 - Introduce whole grain bread
- Healthy Fats:
 - Continue with healthy fats from previous cycles

- Others:
- Dark chocolate (in moderation)
- Hummus and salsa for dipping

Meal Planning Tips for the 17 Day Diet

Having a well-structured grocery list is just one part of the equation; effective meal planning is crucial for staying on track during the 17 Day Diet. Here are some tips to help you plan your meals:

1. Prepare Ahead of Time

Dedicate a few hours on the weekend to meal prep. Cook proteins and chop vegetables so that you have healthy meals ready to go during the week.

2. Create Balanced Meals

Aim for meals that combine lean proteins, healthy fats, and plenty of vegetables. This will help you feel full and satisfied.

3. Use a Variety of Cooking Methods

Experiment with grilling, steaming, and baking to keep your meals interesting and flavorful.

4. Keep Snacks Healthy

Prepare snacks like cut-up vegetables, fruits, or yogurt to avoid unhealthy cravings.

5. Stay Hydrated

Drink plenty of water and consider herbal teas to help with digestion and overall health.

Conclusion

Following the **17 day diet grocery list** can significantly enhance your chances of success on this weight loss journey. By carefully selecting foods that align with each cycle of the diet, you can ensure that you are nourishing your body while also enjoying the process. Remember to stay committed, plan your meals, and listen to your body throughout this transformative experience. Happy dieting!

Frequently Asked Questions

What is the 17 Day Diet grocery list focused on?

The 17 Day Diet grocery list focuses on lean proteins, fresh fruits, vegetables, and healthy fats to promote weight loss and boost metabolism.

What types of proteins should I include in my 17 Day Diet grocery list?

Include lean proteins such as chicken breast, turkey, fish, lean beef, eggs, and plant-based options like tofu and legumes.

Are there specific fruits recommended for the 17 Day Diet?

Yes, recommended fruits include apples, berries, oranges, and melons, which are low in calories and high in fiber.

What types of vegetables are best for the 17 Day Diet?

Non-starchy vegetables like spinach, broccoli, zucchini, bell peppers, and cucumbers are ideal choices for the 17 Day Diet.

Can I include dairy in my 17 Day Diet grocery list?

Yes, but opt for low-fat or non-fat dairy options like Greek yogurt and skim milk to keep calories in check.

What healthy fats can I add to my grocery list for the 17 Day Diet?

Include healthy fats from sources like avocados, nuts, seeds, and olive oil, but consume them in moderation.

Should I avoid certain foods on the 17 Day Diet grocery list?

Yes, you should avoid processed foods, sugary snacks, and high-carb items like bread, pasta, and rice during the initial cycles.

How often should I update my grocery list on the 17 Day Diet?

You should update your grocery list every 17 days as you progress through the different cycles of the diet to reflect changing food choices.

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