

## Vaneity Medical Weight Loss Low Calorie Food List

- If you want to know exactly how many calories you should be eating for your weight and your goals and timeframe go to [myfitnesspal.com](http://myfitnesspal.com). If you will not use this app, stay around 1200 calories.
- Snack every 2-3 hours as you don't want to get low on blood sugar and get dizzy & sweaty
- Bring your foods with you to work
- Drink 2-3 liters of water per day, if you don't you can get kidney stones
- Drink water ONLY. Eating less can make you especially sensitive to other caffeinated beverages (no coffee, tea, red bulls, sodas)
- Call us at 626-531-6538 with any side effects or if you're not feeling well. You may come in if you experience any dizziness, sweatiness, migraines, headaches and we can check your blood pressure or blood sugar.

### VEGGIES

Asparagus 4 ounces 20 calories  
Beet Greens 1 cup 25 calories  
Broccoli 4 ounces 30 calories  
Brussel Sprouts 1 cup 50 calories  
Raw Cabbage 1 cup 25 calories  
Raw Cauliflower 1 cup 30 calories  
Celery 1 stalk 5 calories  
Collard Greens 1 cup 25 calories  
8" Cucumber 15 calories  
Dandelion 4 ounces 50 calories  
Endive/Escarole 1 cup 10 calories  
Green Beans 4 ounces 40 calories  
Raw Kale 1 cup 40 calories  
Leeks 1/2 cup 16 calories  
Lettuce 1 cup 15 calories  
Romaine Lettuce 4 oz 25 calories  
Green Onions 6 small 25 calories  
White Onions 4 oz 40 calories  
Green Peppers 1 med 20 calories  
Red Sweet Peppers 1 med 25 calories  
Radishes 4 small 8 calories  
Spinach 1 cup 10 calories  
Squash/Zucchini 1 cup 40 calories  
Tomato 1 medium 20 calories  
Turnips 1 cup 55 calories  
Turnip Greens 1 cup 45 calories  
Watercress 4 ounces 25 calories

### FRUITS

Apple 1 medium 80 calories  
Strawberries 1 cup 55 calories  
Black Berries 1 cup 62 calories

Blue Berries 1 cup 83 calories  
Lemon 1 medium 17 calories

#### MEATS

½ a Grilled chicken breast 150 calories  
Canned chicken breast 4oz 120 calories  
23 gram Pure protein shake 120 calories  
95% lean ground beef pan broiled 160 calories  
Turkey breast lunch meat 5 slices 110 calories

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