



BEST
BODY

by DR. RACHEL PAUL
PHD, RD.

Rachel's Product Recommendations

BEST BODY BY DR. RACHEL PAUL

Welcome!



I'M SO GLAD YOU'RE HERE!



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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide is also not for those who are under 18 years, or who have specific medical conditions. Read more here: drrachelpaul.com/terms

Dr.
RACHEL PAUL
PHD, RD.



Using this Guide

The following pages are my recommendations for food products you can buy at regular large-chain grocery stores. This is by no means an exhaustive list of great food products - there are so many out there!

I CHOSE FOODS THAT ARE:

- ✓ **Higher in protein**
- ✓ **Higher in fiber**
- ✓ **Lower in added sugar**
- ✓ **Have high quality ingredients** (that you can recognize, and are organic when possible)
- ✓ **Are accessible at most large-chain grocery stores**

Remember, YOU always get to make the right food decisions for YOUR body and lifestyle. If you don't like my recommendations, that's no problem at all. You can choose which foods suit your body and taste preferences best.

LOOKING AT A FOOD PACKAGE

1. **Mostly ignore the front** - there will often be a ton of "claims" on the front of the package that actually mean very little about the food.
2. **Nutrition Facts Label** - I recommend looking mostly at Dietary Fiber and Added Sugars (both under Total Carbohydrates) and Protein. Among your options (e.g. among granola bars), choose foods that are higher in fiber and protein, and lower in added sugars. However! Don't stress about finding the "perfect" food - do the best you can.
3. **Ingredients Lists** - Ideally, choose packaged foods where you can easily recognize at least most of the ingredients. But don't stress about finding the "perfect" food - do the best you can.

Example Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Values*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160g	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Example Ingredients List

Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and Salt.

NOTE: In this example ingredients list ^, many of the foods are not "whole foods" - without a food-science background, you probably don't know what ferrous sulfate, maltodextrin, artificial flavors, monosodium glutamate, or artificial color are. See if you can find another product with ingredients that you can recognize.



Want to lean out but need fast meals that also TASTE great? Try these 👉



Single serving casserole with 2c 
6oz rotisserie  1/4c Alfredo:
440 cals, 55gm protein



**Chicken & Waffles: 2 🍷 with 4oz
rotisserie chicken 🍗 and sugar free
syrup: 390 cals, 35gm protein**



Egg fried rice with 3 🍳 2c cauli
rice, 1/4c sesame seeds, soy
sauce: 390cals, 32gm protein



2 servings 🍗 strips with 1 cup 🥕
& 1/3c salsa: 360 cals, 31gm protein



**Jambalaya with 2c cauli rice, 1
sausage, 4oz scallops, taco
seasoning: 270 cals, 36gm protein**



1 serving mini 🍕🥞 topped with 1/2 oz pepperoni. Dip in 1/2 cup cottage cheese + ranch: 390 cals, 24gm protein



2 turkey burgers and 1 serving
🍟: 430 cals, 41gm protein



Fun Snacks for Weight Loss

Fun Snacks *for* Weight Loss

- *XL serving size* -



Pretzel Sticks
110 calories/35 pretzels



Bunny Crackers
140 calories/54 bunnies



Popcorn
120 calories/3 cups



Mini Crackers
140 calories/44 crackers

NOTE! I don't recommend eating these foods on their own. Pair them with a protein or fat, e.g. cheese, peanut butter, turkey slices.

Fun Snacks *for* Weight Loss

- *sweet treat* -



Oatmeal Cups
190 calories/whole container



Tiny Cookies
150 calories/17 cookies



Yasso Ice Cream Bars
100 calories, 5gm protein (each).



Mini Perfect Bars
130 calories, 6gm protein (each).

Fun Snacks *for* Weight Loss

- something salty -



Olive Pack
160 calories/whole packet



Parmesan “Crackers”
160 calories/14 crackers
(13gm protein!)



Single Serving Avocado-Oil Chips
230 calories/bag



Pork Rinds
140 calories/1 ounce
(22gm protein!)

Fun Snacks *for* Weight Loss

- *high protein* -



Egg Bites
280 calories, 21gm protein



Single-serving Yogurt
100 calories, 14gm protein



Cheese sticks
80 calories, 5gm protein (each)



Meat Sticks
90 calories, 9gm protein



Best Dips for Weight Loss

Best Dips for Weight Loss

- *Trader Joe's faves* -



Spinach & Kale
Greek Yogurt Dip
30 cals / 2 Tbsp



Guacsalsa
20 cals / 2 Tbsp



Everything Bagel
Seasoning
60 cals / 2 Tbsp

Best Dips for Weight Loss

- available at any store -



Buffalo Chicken Dip
60 cals / 2 Tbsp



Fresh Salsa
10 cals / 2 Tbsp



Tzatziki
30 cals / 2 Tbsp

Best Dips for Weight Loss

- *make your own* -



16oz plain yogurt mix with
3 Tbsp ranch seasoning
20 cals / 2 Tbsp



16oz blended cottage cheese
+ 1/4 c. Bagel seasoning
40 cals / 2 Tbsp



1 jar salsa blended with 1
can black beans
30 cals / 2 Tbsp



High Protein Foods *for* Picky Eaters

High Protein Foods for Picky Eaters



spinach & artichoke dip
8gm per 1/2 cup



frozen edamame
13gm per 1 cup



mozzarella sticks
18gm per 4 pieces



good quality deli meat
15gm per 3 slices



buffalo chicken dip
6gm per 0.25 cup



good quality sausages
12gm per 1 sausage



low sugar yogurts
12gm per yogurt



ground beef
30gm per 4oz



better-quality nuggets
16gm per 5pc



rotisserie chicken
30gm per 5oz



frozen mini meatballs
14gm per 6 pieces



canned beans
6gm per 1/2 cup



salted peanuts
7gm per 1oz



refried beans
7gm per 1/2 cup



cooked chicken strips
35gm per 5oz



string cheese, wax cheese
4-6gm each

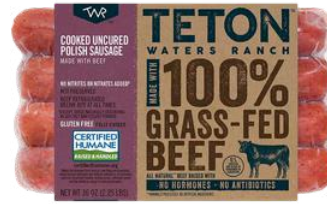
Easy Meal & Snack Ideas



+



spinach & artichoke dip with baby carrots



+



stir fry with sliced sausages & peppers



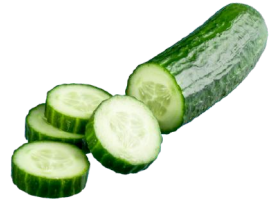
+



chicken strips on top of coleslaw mix



+



cucumbers & buffalo chicken dip



+



quesadilla with refried beans



+



avocado slices wrapped in turkey



+



trail mix with peanuts and popcorn



+



chicken nuggets on caesar salad



6 foods
I don't
recommend
for weight loss

Fat Free Cheese

The best foods for weight loss are also the best for overall health. I recommend choosing whole, natural foods over processed or altered versions. For example, cheese and other dairy products are originally made with fat for a reason — the fat contains many essential nutrients. Plus, eating full-fat foods can help you feel more satisfied, making it easier to maintain a balanced diet.

INSTEAD: Eat full-fat cheese, yum!



Protein Powders

If you're confused why adding a scoop of protein powder to your oatmeal doesn't keep you full the same way as eating a few scrambled eggs with cheese does... it's not you, it's the powder. Protein powders are refined and designed to be quickly absorbed by your body. This doesn't provide the prolonged digestion or satiety that whole, complete protein foods do (like eggs and cheese). Protein powders also often test high in heavy metals like lead and cadmium, may contain bacteria or pesticides, and sometimes include questionable ingredients like artificial flavors or sweeteners.

INSTEAD: Eat high quality, whole-ingredient protein foods like eggs, tuna, salmon, beef, poultry, and dairy.



Protein Bars

Protein from whole foods like chicken or beef is highly bioavailable, meaning your body absorbs and uses it more efficiently for growth and repair. Eggs, for example, are considered a "perfect protein" with a biological value of 100.

In contrast, protein bars often use processed or lower-quality proteins, which can reduce absorption and effectiveness - meaning, you're not even absorbing all the protein the bar says it contains. Whole foods are naturally optimized for nutrition, while processed proteins are designed for convenience, not necessarily quality.

INSTEAD: Again, eat high quality, whole-ingredient protein foods like eggs, tuna, salmon, beef, poultry, and dairy.



Frozen Meals

To be clear: there are a lot of GREAT frozen meals and foods. However! Many of the carb-heavy frozen meals are low protein, low fat, and low calorie, meaning you're getting a big dose of carbohydrates that's going to spike and crash your blood sugar, AND leave you feeling hungrier than when you started.

INSTEAD: If you want something frozen (which I totally get, we eat a lot of frozen foods in our house!) - try frozen burger patties, frozen broccoli, and stir fry your food in a high quality avocado oil for fats.



(Only) Lean Meats

There absolutely is a place in the diet for boneless, skinless chicken breast - but generally I recommend meats with fat since the fat is where many of the nutrients live. And when we eat more nutrient dense, higher fat foods - we're more satisfied and have overall better health.

INSTEAD: Choose a variety of complete proteins which include the fat - like ground beef, eggs, salmon with the skin, etc.

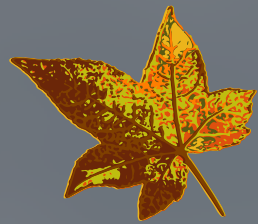


Rice Cakes (*by themselves*)

I'm not saying rice cakes or another high carb food is “bad” - but I don't recommend eating these foods on their own. Rice cakes, pretzels, crackers etc. are high carb, low protein/fat foods, so they will spike & drop your blood sugar, and not keep you full for any substantial amount of time.

INSTEAD: Pair high-carb foods like rice cakes with a protein and/or fat, like peanut butter, cheese, or turkey.





Trader Joe's *for* Weight Loss



- fall favorites -

TRADER JOE'S

Trader Joe's for Weight Loss

- fall favorites: sweets -



Apple Chips

200 calories/whole package
8gm fiber, 0gm added sugar



Pumpkin Cream Cheese

35 calories/1 Tbsp



Pumpkin Butter

40 calories/1 Tbsp



Dried Apple Rings

120 calories/10 rings
3gm fiber, 0gm added sugar

Trader Joe's for Weight Loss

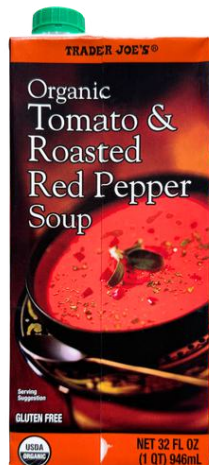
- *fall favorites: soups* -



Pumpkin Bisque
100 calories/1 cup
3gm fiber



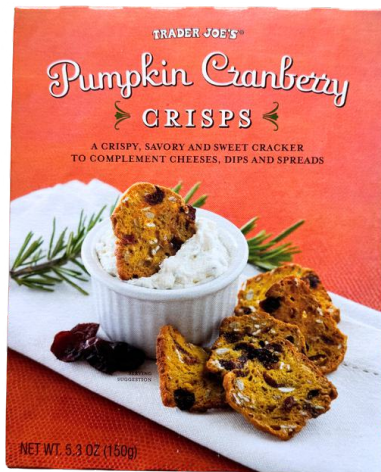
Autumn Harvest Soup
150 calories/1 cup
4gm fiber



Tomato & Red Pepper Soup
110 calories/1 cup
2gm fiber

Trader Joe's for Weight Loss

- fall favorites -



Pumpkin Cranberry Crackers
80 calories/11 crackers



Pumpkin Overnight Oats
200 calories/container
5gm protein, 6gm fiber



Smoked Apple Sausages
140 calories/1 sausage
16gm protein



Pumpkin Spice Cold Brew
25 calories/12oz prepared

Trader Joe's for Weight Loss

- fall favorites, veggies -



Butternut Squash Zig Zags
60 calories per cup



Brussels & Parm Cheese
110 calories per cup



“Holiday Hash”
90 calories per cup



Butternut Squash Chunks
60 calories per cup

Trader Joe's for Weight Loss

- fall favorites, spreads -



Brown Sugar & Maple Butter
80 calories/1 Tbsp
4gm added sugar



Pumpkin Cream Cheese
70 calories/2 Tbsp
4gm sugar (*unknown added*)



Maple Butter
65 calories/1 Tbsp



Pumpkin Butter
40 calories/1 Tbsp

Trader Joe's for Weight Loss

- fall favorites, dessert -



Apple Chips

200 calories/whole package
8gm fiber, 0gm added sugar



Dried Apple Rings

120 calories/10 rings
3gm fiber, 0gm added sugar



Roasted Salted Pecans

190 calories for ¼ cup



Roasted, Salted Pumpkin Seeds

170 calories for ¼ cup



9 foods
that make
weight loss
doable & fun

Lavash Bread

This entire sheet is 120 calories and 6gm protein. THE ENTIRE SHEET. You can find Lavash flatbreads at most stores with the bread, and this specific brand uses recognizable ingredients. Make a pizza like I did here, or use it as a wrap.



Blended Cottage Cheese



I totally get not liking the consistency of cottage cheese (I can't eat it myself!). But when you blend (i.e. in a blender) it truly just takes like a nice salty cheese sauce. I love mixing it with ranch seasoning, hot sauce, and rotisserie chicken for the easiest Buffalo Chicken Dip lunch.



Bone Broth

Think of bone broth like a savory gatorade. 1 cup is 80 calories and up to 17 grams of protein (depending on the brand of course). That's a pretty phenomenal calorie-to-protein ratio. AND it's so taste and full of beneficial electrolytes. Drink it on it's own in a mug on a chilly day, or use it in soup.



Thin Sliced Bread

A great way to eat more bread! 2 of these slices is typically the same amount of calories as 1 slice of regular bread. Dave's Killer Bread is one of my favorite brands - look for whole grain and organic when choosing bread, if possible.



No-Added-Sugar Yogurt



Yogurts made without artificial sweeteners but also without added sugar are a staple if you have a sweet tooth like me. You can eat them on their own, or top them with granola, nuts, or berries.



Spaghetti Squash

I totally get not liking zoodles or “miracle” noodles - the consistency and taste of those pasta alternatives can be unappealing. BUT have you tried spaghetti squash?! Just bake 2 halves in the oven at 400 F for 30 minutes and then add some meat sauce. Lower carb than regular pasta, better glucose/insulin response, and it truly tastes great.



Popcorn, Mini Pretzels or Crackers

I don't recommend eating these snack foods on their own - pair them with a protein and/or fat to stabilize your blood sugar. BUT these fun carbs give you so much VOLUME per serving. 1 serving of popcorn for example is 3-4 cups (depending on the brand). If you're a volume eater, this one is a win-win.



Thin-Sliced Cheese

I recommend eating full-fat cheese (vs. “reduced fat cheese”) so that you get the most nutrients from your food. However, thin-sliced cheese gives you more surface area to cover your food! For example - you can cover this whole chicken cheesesteak skillet while keeping the meal lower calorie.



Ground beef

Were you surprised to see this one on the list?! Red meat is a nutritional powerhouse, it's easy to cook, it's one of the most affordable complete proteins, and it's incredibly satisfying to many people. Ground beef is rich in heme-iron, the more absorbable form of iron.

Research actually shows that anemic study subjects reduced their weight and waist circumference simply by raising their iron status (PMID 24770833).



some of my
Trader Joe's
favorites for weight loss 🍗🍪

TRADER JOE'S



FINAL
RETURN
CARTS HERE



Frozen veggie stir fry blends make eating fiber easy. No chopping needed and they're already flavored. This one specifically is one of my favorites. Crack in 3-4 eggs for a filling Egg Fried Rice.



**Probably my favorite sauce
at Trader's! You get the guac
flavor but it's only 20
calories for 2 Tbsp 🥰🥑**



3 of my favorite seasonings from TJs! I add the taco seasoning to chili, mix the ranch seasoning with plain Greek yogurt for a dip, and add the garlic salt to pretty much every other recipe I cook 🤪



Low carb pasta alternative! If you rinse & drain these, they're pretty tasteless and take on whatever flavoring or sauce you add! My daughters love these stir fries with garlic salt and Parmesan cheese



These cracker alternatives are high protein and so yummy! The only ingredients are cheese! 160 calories for 1/2 the bag with 13gm protein.



Frozen single-serve proteins are also one of my favorite “hacks.” No stress about eating all the fresh food in your fridge! 180 cals and 22gm protein each.



Pre-cooked chicken is perfect for salads and sandwiches. And this one has excellent ingredients: chicken, olive oil, s&p.

Did you think I forgot dessert?? 🤪 These cookies are the MVP. Big serving size for not a lot of calories!

TRADER JOE'S®
**CINNAMON
SCHOOLBOOK
COOKIES**

"They're Elementary, My Dear Joe"

UD NET WT. 16 OZ (1 LB) 454g

**15 cookies
140 calories**

TRADER JOE'S®
**CRISPY CRUNCHY
CHOCOLATE CHIP COOKIES**



NET WT.
16 OZ (1 LB) 2 OZ 510g

UD PSLF10727C

**17 cookies
150 calories**

TRADER JOE'S®
**CHOCOLATEY
CATS COOKIES**
For People



NET WT.
16 OZ (1 LB) 454g

UD PSLF1872SD

**17 cookies
120 calories**

**CRUNCHY
CHOCOLATE CHIP
COOKIES**

UNIT PRICE

RETAIL PRICE

LOISIN

99



**Yummy crockpot style
chicken but already
done for you! One
serving = 100 calories
& 18gm protein.**

some of my
Costco
favorites for weight loss 🍗🍦

COSTCO
WHOLESALE



This whole lavash flatbread is only 110 calories with 10gm protein and 7gm fiber! Use it for wraps or flatbread pizza 🍕



**SHRIMP COCKTAIL WITH
COCKTAIL SAUCE + LEMON #32051**

INGREDIENTS: PREVIOUSLY FROZEN SHRIMP
(COOKED, PEEL, DE-VEINED,
TAIL ON), SHRIMP, WATER, SALT, COCKTAIL
SAUCE (WATER, HIGH FRUCTOSE CORN SYRUP,
TOMATO PASTE, SUGAR, VINEGAR, HORSE RADISH
ROOT, SALT, MODIFIED CORN STARCH, DRIED
ONION, SODIUM BENZOATE & POTASSIUM SORBATE
(PRESERVATIVES), NATURAL & ARTIFICIAL
FLAVORS, SOYBEAN OIL, SPICE, GUAR GUM,
XANTHAN GUM, PECTINASE, LEMON WEDGES.

CONTAINS SHELLFISH (CRUSTACEAN (SHRIMP)) SOY.

MADE IN FACILITY THAT PROCESSES WHEAT, SOY,
PEANUTS, EGGS, TREENUTS, MILK, FISH, SHELLFISH,
CRUSTACEAN & SESAME.

6:34 AM

PACK DATE:

Nov 12, 26

SELL BY:

Nov 15, 26

NET WT.

1.65 lb

UNIT PRICE

\$10.99/lb

TOTAL PRICE

\$18.13



2 32051 2 18130

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KIRKLAND

COCKTAIL SAUCE BY
COSTCO WHOLESALE CORP.
100 LAKE DRIVE
IRVING, CA 94606 USA
20150878

SAFE HANDLING INSTRUCTIONS

**If you need a protein
ASAP, get this ready-to-
eat tray of shrimp 🍤
5oz cooked shrimp = 100
calories & 23gm protein.**



Buying avocados is HARD. They go bad so quickly. Instead get these avocado-mash (guacamole) single-serving packets. 1 packet = 90 calories. Perfect for sandwiches, avo toast, fajitas, burrito bowls, etc.



Instead of a plain chicken breast, try these already-cooked chicken skewers. Tasty and fun. 2 skewers = 150 calories & 24gm protein. And they're made with olive oil 🫒

If you're in a pizza mood, one of these single serving 🍕 (whole pies!) is about 300 calories. Top with some rotisserie chicken for extra protein and you have yourself a meal 🙌



**FULL SIZE
BEEF STICKS**

**100% GRASS-FED
BEEF**



Instead of protein bars - eat a few of these. These meat sticks are made with 100% grass fed beef and have no added sugar. One stick = 90 calories & 9gm protein.

**These flavored rice cakes
taste like cookies! 1 pack
is only 90 calories.**



**Frozen veggies with
flavor 🔥🔥 Perfect for
busy nights. Stir fry
them up with chicken,
shrimp, or steak bites.**

PURAVIDA
FIRE ROASTED
PRIMAVERA
MISTURA

A mix of red bell pepper, zucchini, yellow squash,
onions and broccoli tossed in heart
healthy avocado oil, Himalayan pink
black pepper, and aromatic
herbs roasted to



Serving Suggestion

yasso[®]

frozen greek yogurt bars

cookies 'n
cream

naturally flavored with
other natural flavors
creamy greek yogurt

CALORIES
90
PER BAR
5g
PROTEIN

15
pack

NET 52.5 FL OZ (1.55L)



UD

My favorite flavor 😊
**1 Greek yogurt ice
cream bar = 90 calories
and 5gm protein.**

**I love this vegetarian snack.
Just microwave and top with
salt or dip in soy sauce. 1
whole mini bag is 140 calories,
12gm protein, and 4gm fiber.**



AUTHENTIC PREMIUM
HAND CRAFTED

GLUTEN FREE
GF

KINDER'S
PREMIUM QUALITY



EST. 1946

THE FLAVOR RACK

SIGNATURE SEASONING SET



One “hack” for weight loss is making your food taste good without excessive sauces and dressings. I love LOVE these seasoning blends - they are SO flavorful. Add them to stir fry’s, sheet pan meals, etc.



0-Prep Proteins for Weight Loss

0-Prep Proteins *for* Weight Loss

- *eggs & poultry* -



Hard Boiled Eggs

60 calories,
6gm protein



Egg Bites

130 calories,
9gm protein



Sausages

140 calories, 14gm protein



Turkey Jerky

70 calories, 8gm
protein (for 2 sticks)

0-Prep Proteins *for* Weight Loss

- poultry continued -



Pre-Cooked Chicken w/ Sauce
150 cals, 23gm pro (5oz serving)



Pre-Cooked Chicken Meatballs
170 calories, 15gm protein
(4 meatball serving)



Turkey Burgers
150 calories, 20gm protein
(per burger)



Breakfast Patties
160 calories, 16gm protein
(2 patties)

0-Prep Proteins *for* Weight Loss

- poultry -



Sliced Turkey
90 calories, 20gm
protein (4 slices)



Rotisserie Chicken
200 calories, 24gm
protein (4oz serving)



Pre-Cooked Chicken
140 calories, 25gm protein
(3oz serving)



Lightly Breaded Nuggets
190 calories, 15gm protein
(3oz serving)

0-Prep Proteins *for* Weight Loss

- meat -



Frozen Meatballs
210 calories, 13gm protein
(for 4 meatballs)



Pre-Cooked Beef
180 calories, 20gm
protein (5oz serving)



Frozen Burger Patties
380 calories, 26gm protein
(per patty)



Meat Sticks
90 calories, 9gm protein
(for 1 stick)

0-Prep for Weight Loss

- fish -



Can of Tuna or Salmon

Tuna: 180 cals, 33gm pro/can
Salmon: 140 cals, 19gm pro/can



Salmon Burgers

170 calories, 20gm
protein/burger



Smoked Salmon

70 calories, 13gm protein
(2oz serving)



Frozen Pre-Cooked Shrimp

80 calories, 18gm protein
(3oz serving)

0-Prep Proteins *for* Weight Loss

- dairy -



Yogurt Cups
100 calories,
14gm protein



Cheese Sticks
90 calories,
5gm protein



Cottage Cheese Cups
140 calories,
18gm protein



Round Wax Cheese
70 calories,
4gm protein

0-Prep Proteins *for* Weight Loss

- *vegan* -



Canned Beans

110 calories, 7gm protein
(1/2 cup beans)



Pack Nuts

350 calories, 11gm protein
(2.25oz serving)



Frozen Edamame

140 calories, 11gm protein
(2/3 cup portion)

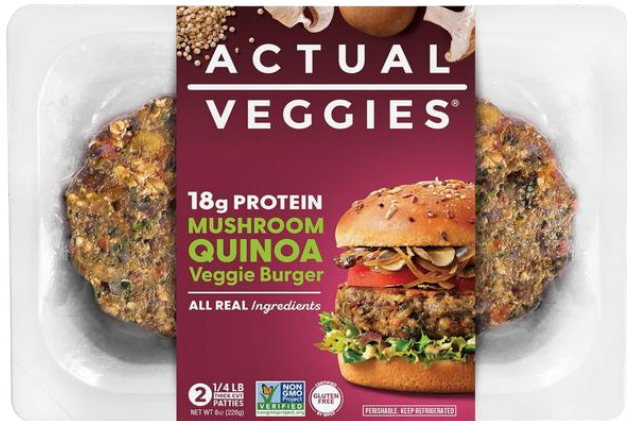


Hummus Cups

170 calories, 4gm protein
(per cup)

0-Prep Proteins *for* Weight Loss

- *vegan* -



Veggie Burgers

180 calories, 18gm protein
(1 burger)



Pack Nuts

350 calories, 11gm protein
(2.25oz serving)



Chickpea Snacks

120 calories, 6gm protein
(1oz portion)

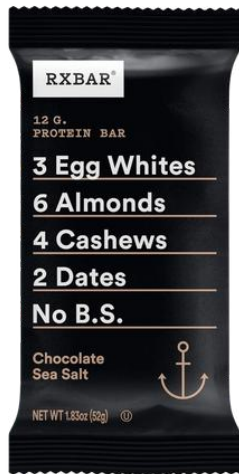


Canned Bean Soup

370 calories, 20gm protein
(per container)

0-Prep Proteins *for* Weight Loss

- *protein bars* -



RXBAR
210 calories,
12gm pro, 5gm fiber



Perfect Bar Minis
150 calories,
5gm pro, 2gm fiber



IQ Bars
170 calories
12gm pro, 8gm fiber



Aloha Bars
240 calories,
14gm pro, 10gm fiber



Best Carbs *for* Weight Loss

Best Carbs for Weight Loss

- *highest protein & fiber grains* -



Quinoa

5gm protein, 3gm fiber
per ½ cup cooked



Farro

5gm protein, 5gm fiber
per ½ cup cooked



Barley

4gm protein, 6gm fiber
per 1/2 cup cooked



Steel Cut Oats

4gm protein, 4gm fiber
per 1/2 cup cooked

Best Carbs for Weight Loss

- *highest protein & fiber starchy vegetables* -



Corn

3gm protein, 2gm fiber
per ½ cup



Peas

4gm protein, 4gm fiber
per ½ cup cooked



Potatoes

2gm protein, 4gm fiber
per 1 med potato



Beans & Lentils

7gm protein, 9gm fiber
per ½ cup

Best Carbs for Weight Loss

- *bread*s -



Lavash flatbreads
120 calories/entire sheet



Thin-sliced bread
60-70 calories/slice



Mini Bagels
100 calories/each



Mini naan or pitas
140 calories/5 pieces

Best Carbs for Weight Loss

- *snacks* -



Single-serving bags of crackers
110 calories/bag



Mini pretzels
110 calories/35 pretzels



Popcorn
120 calories/3 cups



Single-serving bags of chips
180 calories/bag



Best Dressings & Condiments *for* Weight Loss

Best Dressings for Weight Loss

- no added sugar, no artificial sweeteners, no seed oils -



Bragg Oil-Free
Vinaigrette
7 calories/Tbsp



Kerry Wood
Dressings
35+ calories/Tbsp



Primal Kitchen
Dressings
50+ calories/Tbsp



Chosen Foods
Dressings
50+ calories/Tbsp

Best Condiments for Weight Loss

- no added sugar, no artificial sweeteners -



Primal Kitchen BBQ Sauce
10 calories/Tbsp



Bubbies Relish
0 calories/Tbsp



Noble Made
Less Sugar Ketchup
10 calories/Tbsp



Siete Enchilada Sauce
6 calories/Tbsp

Best Spreads for Weight Loss

- no added sugar, no artificial sweeteners, no seed oils -



Crofter's Just Fruit Spread
30 calories/Tbsp



Date Lady
Chocolate Spread
75 calories/Tbsp



Primal Kitchen Mayo
100 calories/Tbsp



Smucker's Natural
Peanut Butter
95 calories/Tbsp



Best Desserts for Weight Loss

Best Desserts for Weight Loss

- ice cream -



Alden's "half" ice cream sandwiches
100-110 calories



Yasso Greek yogurt bars
100-150 calories



Goodpop Dairy-free "Vanilla Squares"
130 calories



Clio Less Sugar Yogurt Bars
100-150 calories

Best Desserts for Weight Loss

- cookies & candy -



Unreal single-serving candies
70+ calories each



Simple Mills
Sweet Thins
110+ calories/srvg



Hu cookies
120 calories/serving



SmartSweets
100+ calories/bag

Best Desserts for Weight Loss

- more frozen -



Diana's frozen chocolate covered bananas
130+ calories each



Goodpop fruit pops
25+ calories each



TruFru chocolate covered fruit
90+ calories/serving



Mochi
90+ calories each

Best Desserts for Weight Loss

- more favorites -



SkinnyDipped
peanut butter cups
70+ calories each



Bob's Red Mill
Sweet Oatmeal Cups
270+ calories each



SkinnyDipped chocolate
covered almonds
60 calories/pack



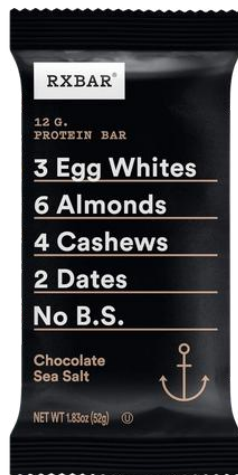
Kodiak's Sweet
Oatmeal Cups
290+ calories each



No Cooking Foods *for* Weight Loss

Grab & Go Foods *for* Weight Loss

- *protein bars* -



RXBAR
210 calories,
12gm pro, 5gm fiber



Perfect Bar Minis
150 calories,
5gm pro, 2gm fiber



IQ Bars
170 calories
12gm pro, 8gm fiber



Aloha Bars
240 calories,
14gm pro, 10gm fiber

Grab & Go Foods *for* Weight Loss

- *refrigerated snacks* -



hard boiled eggs
60 calories,
6gm protein



egg bites
130 calories,
9gm protein



protein packs
330 calories
18gm protein



carrot & guac packs
130 calories,
5gm pro, 6gm fiber

Grab & Go Foods *for* Weight Loss

- dairy -



yogurt cups
100 calories,
14gm protein



cheese sticks
90 calories,
5gm protein



cottage cheese cups
140 calories,
18gm protein



round wax cheese
70 calories,
4gm protein

Grab & Go Foods *for* Weight Loss

- shelf-stable -



Olive Pack
160 calories/whole packet



Pack Nuts
350 calories, 11gm
protein (2.25oz serving)



single-serving popcorn
50 calories, 2gm fiber



trail mix packets
210 calories,
5gm protein, 3gm fiber

Grab & Go Foods *for* Weight Loss

- *protein-packed* -



Tuna Packet
100 calories, 24gm protein



Parmesan "Crackers"
160 calories, 13gm protein



Pork Rinds
140 calories, 22gm protein



Meat Sticks
90 calories, 9gm protein

Under-rated
Foods
for
Weight
Loss

Drinks



**Swoon
Lemonade**
5 cals/can



**Sound
Sparkling Tea**
0 cals/can



**Olipop
Probiotic Soda**
50 cals/can



**Zevia
Soda**
0 cals/can



LMNT packets
5 calories/16oz mixed



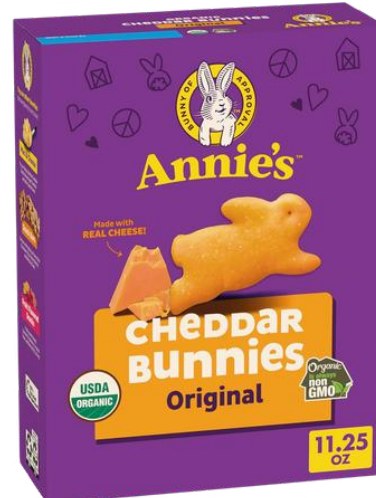
True Lemon packets
0 calories/16oz mixed

Try to choose low-calorie beverages made with natural low-calorie sweeteners
(vs. artificial e.g. aspartame, sucralose)

BIG Serving Size Snacks



Pretzel Sticks
110 calories/35 pretzels



Bunny Crackers
140 calories/54 bunnies



Popcorn
120 calories/3 cups



Mini Crackers
140 calories/44 crackers

NOTE! I don't recommend eating these foods on their own.
Pair them with a protein or fat, e.g. cheese, peanut butter, turkey slices.

Seafood



Frozen Shrimp
110 calories/23gm protein
for 4 oz



Salmon Burgers
160 calories/21gm protein
for 1 burger



Canned Tuna
130 calories, 29gm protein
for 5oz can



Canned Salmon
200 calories, 34gm protein
for 6oz can

Seafood is an amazing lower calorie protein source,
i.e. a lot of protein for not a lot of calories.

Veggies



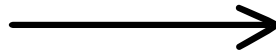
Frozen Cauli Rice
50 calories/2 cups



Cauli "Mac & Cheese"
440 calories, 33gm protein
for a BIG serving!



Coleslaw Mix
33 calories/2 cups



Protein Slaw
480 calories, 36gm protein
for a BIG serving!

Other Recs

Savory Snacks



QUINN PRETZEL STICKS



SIMPLE MILLS ALMOND FLOUR CRACKERS



THE GOOD CRISP CLASSIC CRISPS



HIPPEAS SNACKS (SEVERAL FLAVORS)



FOOD SHOULD TASTE GOOD CHIPS



HIPPIE SNACKS ALMOND CRISPS



CHOMPS BEEF STICKS



NICK'S STICKS (SEVERAL FLAVORS)



SIMPLE TRUTH ORGANIC BEEF JERKY



TRUE STORY SMOKED TURKEY BREAST



SUNNY FINE FOODS TAHINI



LESSER EVIL PUFFS (SEVERAL FLAVORS)

Savory Snacks



SIETE TORTILLA CHIPS



**BOULDER CANYON
POTATO CHIPS**



ARCHER'S BEEF JERKY



RHYTHM VEGGIE CHIPS
(many varieties!)



**BIENA CHICKPEA
SNACKS**



**THE ONLY BEAN
ROASTED EDAMAME**



**WHISPS CHEESE
CRISPS (many flavors!)**



**GIMMIE ROASTED
SEAWEED SNACKS**



**MARY'S GONE
CRACKERS**



**WHOLLY GUACAMOLE
MINIS**



HOPE HUMMUS
(many flavors!)



**ORGANIC VALLEY
CHEESES**

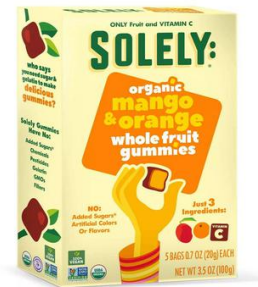
Sweeter Snacks



**OVER EASY
BREAKFAST BAR**



**VEGGIE GO'S FRUIT &
VEGGIE STRIPS**



**SOLELY: WHOLE FRUIT
GUMMIES (SEVERAL
FLAVORS)**



**BEAR FRUIT ROLLS
(SEVERAL FLAVORS)**



**EMMY'S ORGANICS
COCONUT COOKIE
(SEVERAL FLAVORS)**



**SKOUT PROTEIN BAR
(SEVERAL FLAVORS)**



**ENJOY LIFE
CHOCOLATE CHIPS**



**FRESH BELLIES FREEZE
DRIED FRUIT**



**WISE BAR
(SEVERAL FLAVORS)**



**LAIRD PROTEIN BAR
(SEVERAL FLAVORS)**



**ALOHA PLANT BASED
PROTEIN BAR
(SEVERAL FLAVORS)**



BARE BAKED APPLES

Sweeter Snacks



**HU CHOCOLATE BARS,
GEMS, AND
CHOCOLATE NUTS**



**LILY'S CANDY COATED
PIECES**



**EVOLVED
CHOCOLATE BARS**



**THAT'S IT DRIED FRUIT
BARS**



**SKINNYDIPPED DARK
CHOCOLATE PEANUT
BUTTER ALMONDS**



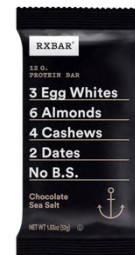
**ONCE AGAIN
NUT BUTTER SINGLE
SERVING PACKETS**



**SIMPLE MILLS COOKIES
(many varieties!)**



**LESSEREVIL
MINI COOKIES**



RX BARS



**SANTA CRUZ ORGANIC
APPLE SAUCE**



**MAVUNO HARVEST
DRIED MANGO**



**JENNIES SUGAR FREE
MACAROONS**

Condiments, Spreads & Dressings



SIETE SAUCES



**PRIMAL KITCHEN MAYO
AVOCADO OIL**



**CHOSEN FOODS APPLE
CIDER VINAIGRETTE**



BUBBIES RELISH



CLEVELAND KRAUT



CHOSEN FOODS OILS



**SMUCKER'S NATURAL
PEANUT BUTTER**



**CROFTER'S JUST
FRUIT SPREADS**



**DATE LADY
CHOCOLATE SPREAD**



KERRY WOOD DRESSING



**PRIMAL KITCHEN
KETCHUP**



**BRAGG DRESSING
& MARINADE**

Pantry Staples



JOVIAL GLUTEN FREE PASTA (MANY TYPES)



BANZA PASTA (MANY TYPES)



JUST INGREDIENTS PROTEIN POWDER (SEVERAL FLAVORS)



DAVE'S KILLER BREAD (SEVERAL FLAVORS)



LOVEBIRD GRAIN-FREE CEREAL (SEVERAL FLAVORS)



ONE DRGREE ROLLED OATS



JACOBSEN SALT CO



SUPERNATURAL SPRINKLES (SEVERAL FLAVORS)



SIETE CANNED BEANS (SEVERAL TYPES)



AUTUMN'S GOLD GRAIN FREE GRANOLA



SIETE SEASONING PACKETS (MANY TYPES)



MAGIC SPOON CEREAL (SEVERAL FLAVORS)

Frozen Foods



**SNOW DAYS
PIZZA BITES**



**RAO'S FROZEN PASTAS
(MANY TYPES)**



**BANZA PIZZA
(SEVERAL FLAVORS)**



**FEEL GOOD FOODS
MAC & CHEESE**



**KEVIN'S PALEO FROZEN
MEATS (SEVERAL TYPES)**



**CAULIPOWER SPICY
CHICKEN TENDERS
(SEVERAL TYPES)**



**RAISE AMERICAN
GRASS FED MEATBALLS**



**WIXTER SEAFOOD
AMERICAN SHRIMP**



**CAPELLO'S FROZEN
PIZZAS (MANY TYPES)**



THE BETTER BAGEL



**MONSOON KITCHENS
BUTTER CHICKEN**



**CHUBY SNACKS
(SEVERAL FLAVORS)**

Frozen Foods



RED'S EGG'WICH



APPLEGATE NO SUGAR SAUSAGES (& many other great products from this brand)



KODIAK WAFFLES



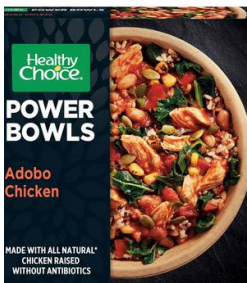
SAMBAZON ZERO SUGAR AÇAÍ SUPERFRUIT PACKS



KIRKLAND LIGHTLY BREADED CHICKEN BREAST CHUNKS



REALGOOD FOODS FROZEN BOWLS



HEALTHY CHOICE POWER BOWLS



JUST BARE LIGHTLY BREADED CHICKEN BREAST CHUNKS



TATTOOED CHEF RICED CAULIFLOWER STIR FRY



CAULIPOWER CAULI GNOCCHI WITH SAVORY PESTO (& many other great products from this brand)



GREEN GIANT VEGGIE SPIRALS ZUCCHINI



NATURE'S PROMISE TURKEY MEATBALLS

Desserts



UNREAL CANDIES
(MANY TYPES)



CAPELLO'S CHOCOLATE
CHIP COOKIES



SIMPLE MILLS ALMOND
FLOUR CUPCAKE MIX



LILY'S GUMMY BEARS



JOJO'S DARK
CHOCOLATE BARS



YUMMY EARTH LICORICE
(SEVERAL FLAVORS)



SIETE GRAIN FREE COOKIES
(SEVERAL FLAVORS)



ORGANIC OCHO DARK
CARAMELS



SIMPLE MILLS NUT
BUTTER COOKIES



LAIRD HOMEMADE
BROWNIE MIX



COLOR KITCHEN
RED VELVET CAKE MIX



HALO TOP PEANUT
BUTTER CHOCOLATE
CHIP COOKIES

Desserts



**EMMY'S ORGANIC
COOKIE BITES**



JOOLIE'S DATE NIBBLES



**SIMPLE MILLS CHOCOLATE
CHIP COOKIE MIX**



**LAKANTO COOKIE
BUTTER**



**YASSO FROZEN
YOGURT BARS**



HAIL MERRY CUPS



**DIANA'S REAL
BANANA HALVES**



**GOODPOP ORGANIC
POPS & ICE CREAMS**



**SWEET LOREN'S FUDGY
BROWNIE COOKIE
DOUGH**



PARTAKE COOKIES



**SMART SWEETS
(many varieties!)**



**MADE GOOD CRUNCHY
OAT BITES**

Seasonal Treats



PEPPERMINT RX BAR



LAKANTO CHOCOLATE
PEPPERMINT COOKIE MIX



ALOHA PEPPERMINT
WHITE CHOCOLATE BAR



LESSER EVIL CHOCOLATE
CANDY CANE POPCORN



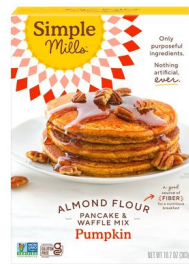
EMMY'S GINGERBREAD
COCONUT COOKIES



NUTPODS TOASTED
MARSHMALLOW CREAMER



LILY'S PIMPKIN SPICE
BAKING CHIPS



SIMPLE MILLS ALMOND
FLOUR PUMPKIN
PANCAKE MIX



JUST INGREDIENTS
PROTEIN POWDER



NATURE'S PATH
PUMPKIN SPICE
TOASTER WAFFLES



LAIRD PUMPKIN
SPICE CREAMER

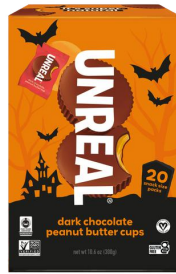


JOJO'S PUMPKIN SPICE
CHOCOLATE

Halloween Treats



**SMART SWEETS
(MANY VARIETIES)**



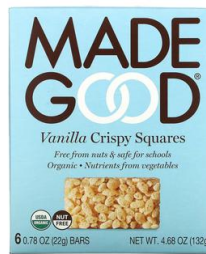
**UNREAL PEANUT BUTTER
CUPS**



**LESSER EVIL PUMPKIN
SPICE POPCORN**



YUM EARTH GIGGLES



**MADE GOOD VANILLA
CRISP SQUARES**



**EMMY'S COCONUT
COOKIES**



ZOLLI POPS



**UNREAL MILK
CHOCOLATE GEMS**



**JUSTIN'S WHITE
CHOCOLATE PEANUT
BUTTER CUPS**



SHAMELESS SNACKS



**HU SIMPLE MILK
CHOCOLATE**



**EVOLVED HAZELNUT
BUTTER KETO CUPS**

Brands I Love

These are just a few brands that offer high quality food items - while often also using compassionate farming practices. It is certainly not an exhaustive list! However - name brands can be more expensive than generic versions. If your store carries a quality generic version that's cheaper, of course pick that!

DRINKS



SWOON



DAIRY



100% GRASSFED
MAPLE HILL
= organic =

paleovalley

EPIC™



CHOMPS

DESSERTS

UNREAL®



GRAINS



Simple Mills®



OILS, SEASONINGS, DRESSINGS



Chosen FOODS SALTVERK

jovial
inherently good



Banza®

FROZEN



SANTA CRUZ
organics



CAULIPOWER



fun
Trader Joe's
staples
for
Weight Loss

TRADER JOE'S

Trader Joe's for Weight Loss

- dessert -



**Mini Chocolate
Chip Cookies**
150 calories/12 cookies



**Slightly Coated
Chocolate Almonds**
150 calories/19 almonds



Animal Cracker Cookies
120 calories/16 cookies



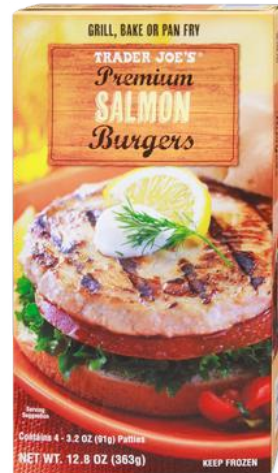
**Chocolate Covered
Frozen Strawbs**
100 calories/6 pieces

Trader Joe's for Weight Loss

- *proteins* -



Roast Chicken Breast
130 calories/3 oz
23gm protein



Salmon Burgers
100 calories/1 burger
15gm protein



Egg Frittata
270 calories/2 frittatas
25gm protein



Spicy Jalapeno Sausage
100 calories/link
11gm protein

Trader Joe's for Weight Loss

- dips -



Guacsalsa
20 calories/2 Tbsp



Everything Bagel Dip
60 calories/2 Tbsp



Buffalo Chicken Dip
60 calories/2 Tbsp



Tzatziki
35 calories/2 Tbsp

Trader Joe's for Weight Loss

- *easy veggies* -



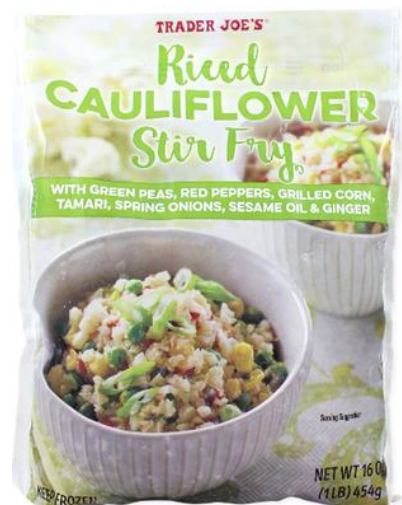
Mexican-Style Riced Cauli
50 calories/cup



Brussels & Parm Cheese
110 calories/cup



Cruciferous Crunch
10 calories/cup



Riced Cauli Stir Fry
50 calories/cup

MY COSTCO STAPLES

as a dietitian 🧑🏻‍🌾 focused on whole, minimally-processed foods (as much as possible!)





**GRASS FED
MEAT STICKS**
We go through
so many of
these! 😊 We eat
them for snacks,
and I thinly slice
them for the
girls' preschool
lunches

NUTS

I buy roasted, salted nuts for the girls 🧒🧒 but I've been buying raw nuts for myself to help with me stick with 1 portion 🤪



AVOCADO OIL SPRAY

For cooking veggies, eggs, meat etc. I like that this one is 100% avocado oil - since often "avocado oil" is a mix of avocado and other oils



TEAR HERE

RESEALABLE

trident
SEAFOODS

ALASKA SALMON BURGERS



12
Salmon
Burgers
PER
Pkg

WILD CAUGHT IN ALASKA

MADE FROM
WHOLE
FILLETS

GLUTEN
FREE

20g PROTEIN
— PER SERVING —
1190mg OMEGA-3

MUST BE COOKED
KEEP FROZEN

NET WT. 48 OZ (3 LB 0 OZ)

FROZEN SALMON BURGERS

These are a great,
fast way to get in
protein and omega 3s.
No defrosting needed
- you can cook them
straight on the
stovetop 4-5 minutes
on each side.

KIRKLAND
Signature

-5-
SERVINGS
-10 BITES-

SOUS VIDE

EGG BITES



UNCURED BACON
— & GOUDA —**

MADE WITH CAGE-FREE EGGS*
17 g PROTEIN PER SERVING

*HENS ARE FREE-ROAMING
INSIDE A BARN

**NO NITRITES OR NITRATES
ADDED EXCEPT THOSE NATURALLY
OCCURRING IN SEA SALT AND
CULTURED CELERY JUICE

FULLY COOKED
KEEP REFRIGERATED



NET WT 21 OZ
(1 LB 5 OZ) 595 g

ENLARGED TO
SHOW DETAIL

EGG BITES

**When I was pregnant &
couldn't stomach
cooking raw food - I ate
egg bites all the time!**



KERRYGOLD CHEESE STICKS

These are my favorite cheese sticks 🍷 So much flavor, and did you know aged cheddar often contains naturally-occurring probiotics?

FROZEN GRASS-FED BURGER PATTIES

We go through a LOT of these 😊 Such an easy dinner. No defrosting needed, just cook straight on the stovetop. Great source of protein and iron.





That's it.

MINI FRUIT BARS
ONLY 2 INGREDIENTS



8 STRAWBERRY

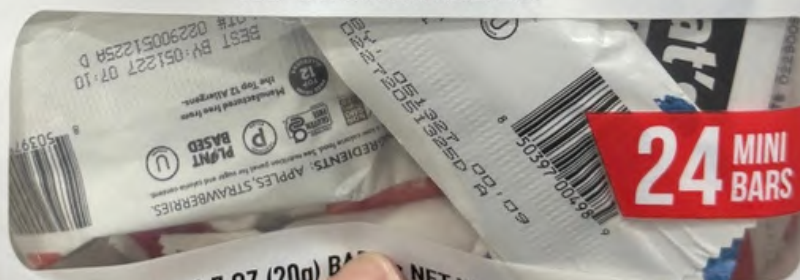


8 MANGO



8 BLUEBERRY

NO SUGAR ADDED*



24 - 0.7 OZ (20g) BARS **NET WT. 16.8 OZ (480g)**

THAT'S IT BARS

Honorable mention! I don't buy these from Costco but I do get them at Starbucks if my girls want a snack. If I need something like this in bulk in the future, I'll get them! I love how the only ingredients are dried fruit.

EQUALLY AS IMPORTANT...

is what we don't get!

I try my best to be realistic with what food we'll actually get through, and to not overbuy! Too much food in the fridge = too much stress for me!

A photograph of a Costco Wholesale building under a blue sky with white clouds. The building is tan-colored with a large red 'COSTCO' logo and a blue 'WHOLESALE' logo below it. The entrance is visible at the bottom.

COSTCO
WHOLESALE



Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?

Do you want to feel totally in control around food, and stop emotional eating?

Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?

Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD, RD.

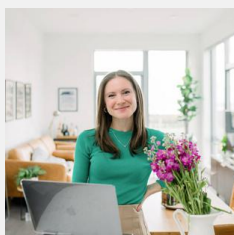
The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

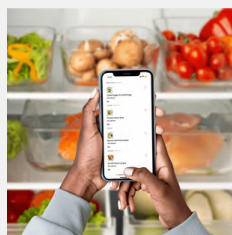
by DR. RACHEL PAUL PHD, RD.

My proven program to help you become your best self



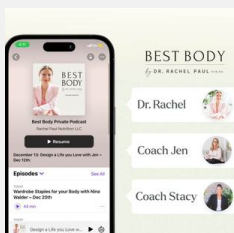
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



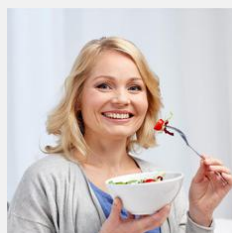
2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY

