



14-DAY WEIGHT LOSS PROGRAM

SHOPPING LIST | WEEK 1
OMNIVORE

SHOPPING LIST WEEK 1

GRAINS	VEGGIES + FRUIT	NON-DAIRY	SEASONINGS, CONDIMENTS, SWEETNERS	MEAT, POULTRY & FISH
Brown Rice Tortillas BEANS: Lentils Black beans SEEDS & NUTS: Pumpkin Hemp Chia Flax, ground Almond meal Sesame	Spinach Baby Spinach Mixed Greens Cherry Tomatoes Tomatoes Cucumbers Onions Red Onions Carrots Parsley Red Bell Peppers Scallions Sprouts Kale Romaine Avocado Jalapeño Asparagus Broccoli Cauliflower Radishes Collard Leaves Purple Cabbage Cilantro FRUIT: Blueberries Bananas Limes Lemons Goji Berries Grapefruit Pineapple Chunks	Hemp, Almond, Oat, or Rice Milk Coconut Milk Lemon Juice Hummus Chicken Broth NUT & SEED BUTTERS: Tahini DAIRY: Eggs (18)	Raw Honey Stevia Cinnamon Himalayan Pink or Celtic Sea Salt Coconut Oil Sunflower Oil EV Olive Oil Chipotle, ground Apple Cider Vinegar Sherry Vinegar Dijon Mustard Ground Ginger Ginger Garlic Cloves Kelp Sprinkles Ground Mustard Seed Capers Thyme Oregano Black Pepper Lemon Zest Sauerkraut Kimchee Salsa Protein Powder Coconut Nectar Vanilla Extract	Ground Chicken, Beef, or Turkey Chicken Breast Boneless Pink Salmon Tuna, canned or shredded salmon or shredded chicken (6) Soup Bones

© 2017 | Feel Ageless Be Ageless

Ennenga Consulting LLC www.healthcoachmt.com Peggy@healthcoachmt.com

These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease.

	Granny Smith Apples Optional Fruit for Smoothies of Choice			
--	--	--	--	--

© 2017 | Feel Ageless Be Ageless

Ennenga Consulting LLC www.healthcoachmt.com Peggy@healthcoachmt.com
These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.