



14-DAY WEIGHT LOSS PROGRAM

SHOPPING LIST | WEEK 2
OMNIVORE

SHOPPING LIST WEEK 2

GRAINS	VEGGIES + FRUIT	NON-DAIRY	SEASONINGS, CONDIMENTS, SWEETNERS	MEAT, POULTRY & FISH
Quinoa Brown Rice GF Granola Brown Rice Tortillas BEANS: Lentils Black beans SEEDS & NUTS: Pumpkin Hemp Chia Almonds Flax, ground Walnuts Almond meal Sesame	Spinach Mixed Greens Cherry Tomatoes Grape Tomatoes Tomatoes Cucumbers Onions Red Onions Zucchini Carrots Parsley Red Bell Peppers Cilantro Scallions Shallots Sprouts Snap Peas or Green Beans Kale Baby Bella Mushrooms Romaine Avocado Asparagus Broccoli Cauliflower Collard Wraps FRUIT: Blueberries Bananas Red Grapes Berries Pineapple Granny Smith Limes Lemons Goji Berries	Hemp, Almond, Oat, or Rice Milk Vanilla Coconut Yogurt Vegemise Coconut Milk Coconut Water Tofu Lemon Juice Hummus NUT & SEED BUTTERS: Almond Sunflower Seed Tahini DAIRY: Eggs (18) Yogurt Greek	Coconut Sugar Raw Honey Stevia Cinnamon Himalayan Pink or Celtic Sea Salt Coconut Oil Sunflower Oil EV Olive Oil Curry Powder Cumin Chipotle, ground Apple Cider Vinegar Sherry Vinegar Dijon Mustard Smoked Paprika Thai Red Curry Paste Ground Ginger Ginger Garlic Cloves Turmeric Ground Mustard Seed Coriander Capers Thyme Oregano Cayenne Black Pepper Lemon Zest Sauerkraut Kimchee Salsa Italian Seasoning Protein Powder	Ground Chicken, Beef (Bison), or Turkey Chicken Breast Boneless Pink Salmon Tuna, canned Soup Bones

	Raisins Grapefruit		Coconut Nectar Cardamom Powder	
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