SUGGESTED Shopping List

SUGGESTED SHOPPING - PH 1

Listed below is everything discussed in Phase 1 (except homemade beverages from Handout). Highlight only the items you wish to explore, and go shopping.

Prebiotic supplement or probiotic-rich foods

- ❑ Coconut milk yogurt or kefir (non-dairy)
- ❑ Sauerkraut, pickles, miso, tempeh, kimchi, kombucha

Some trusted brands are:

- Bubbie's cultured foods (like sauerkraut with pickles)
- inner-eco probiotic drinks
- KeVita Sparkling water probiotics drinks

You can also make your own kefir, yogurt, kombucha from; culturesforhealth.com

- ❑ Digestive Enzymes (help with digestion)
- ❑ Chromium picolinate (helps with cravings)
- ❑ Fiber (psyllium powder or capsules)
- ❑ Extra Virgin Olive oil & Avocado oil (organic & cold pressed)
- ❑ Avocado (to use instead of butter)
- ❑ Apple cider vinegar (unfiltered organic)
- ❑ Lemons or juice concentrate
- ❑ Ginger root
- ❑ Unsweetened cranberry juice concentrate
- ❑ Raw Honey, stevia or monk fruit
- ❑ Collagen powder, superfood powders & detox spirulina tablets from: **https://www.healthylifecreations.com/**

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- ❑ Veggies & Fruits for Smoothies; fresh or frozen. Try to do greens and mostly veggies, add only a little fruit to flavor smoothies.

- ❑ TRADITIONAL MEDICINAL detox tea bags (they come in boxes of 16 tea bags): Organic EveryDay Detox, Dandelion Root, Nettle or Smooth Move Tea. (Or most stores offer their own brand of a Daily Detox Tea).

- ❑ Large Pitcher or jar container with lid, for fruit infused beverages & teas.

- ❑ Some Fruits, Veggies & Herbs needed for beverage recipes; Cucumber, raspberry, grape, lime, strawberry, orange, ginger, rhubarb, apple, Ceylon cinnamon, mint, pineapple.

Go thru the DETOX BEVERAGES HANDOUT and add any additional ingredients, like Chamomile for calming and sleep, Hibiscus for weight loss, etc.

<u>SUPPORT DETOX TOOLS (from Handout)</u>

- ❑ Dry skin brush
- ❑ Sinus neti-pot
- ❑ Epson salt
- ❑ Baking soda
- ❑ Sea salt
- ❑ Lavender oil
- ❑ A good body moisturizer – coconut oil, shea butter, jojoba oil (organic is best).

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SHOPPING LIST & MEALS PHASE 2 & 3

Here are the simple ways to make sure your program is a home run:

1. I have created a sample 14-day plan with meals for Phase 2 and Phase 3 and a shopping list to go with each one. I am sure there will be foods you do not like, so feel free to swap recipes and move things around to your liking. It is only a guide after all, but I do urge you to try some new things. The chia pudding and cereal substitutes are yummy.

2. If you need to exchange a meal due to an allergy or preference, refer to your Recipe Guide for suitable swaps.

3. I have repeated some meals in the sample plan to allow you to do batch cooking, as well as to make shopping and preparing a bit easier during your program.

4. If you are still hungry, add soup, salad, or an extra bowl of vegetables to any entrée and remember, you can add clean sources of protein to each meal.

5. Keep in mind that your suggested shopping list only contains ingredients from the 14-day plan (breakfast, lunch & dinner). Any Snacks, Dips, Dressings, Sauces, Desserts or extras from the Recipe Guide will need to be added to your shopping list.

6. If you have a hard time giving up your grains, I urge you to try Quinoa, Buckwheat or Amaranth – they come from seeds and flowers but look, and cook up like grains.

7. Same goes for pasta – give artichoke (or other vegetable) pasta's a chance. There is also a white noodle made from Konjac root – some name's out there are: Miracle Noodles, Pasta Zero, Shirataki noodles (usually found in refrigerated section). They are all gluten free and much better for your digestion and health then regular pasta.

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SUGGESTED MEALS

PHASE 2: DAYS 1-7

You can prep and make a lot of dishes a day before. Dressings, snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Feel free to add 1-2 snacks per day in-between meals, from the Recipe Guide, or have a smoothie or cup of tea to hold you over. Try not to eat unless you are hungry.

DAY	BREAKFAST	LUNCH	DINNER
1	Cleansing Smoothie	Salad with Rotisserie Chicken	Detox Spinach Bowl with Salmon
2	Chia Pudding	Asian Bowl with Rotisserie Chicken	Vegetable Bison or Turkey Soup
3	Green Smoothie	Zen Bowl or Leftover Vegetable Soup	Seafood over pasta with white bean sauce
4	Buckwheat Power Porridge with Fresh Fruit	Tuna & Veggies	Chickpea Chili Over Greens and Guacamole
5	Chocolate Banana Smoothie	Split Pea Soup	Mini Bison (or Turkey) Burgers with Zucchini Bun
6	Strawberry Chocolate Chia Pudding	Lentil Burgers with Grilled Pineapple and Mixed Greens	Roasted Cauliflower Salmon & Asparagus
7	Anti-Inflammatory Smoothie	Cabbage Salad with Protein of your Choice	Marinated Chicken Breast & French Green beans

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SHOPPING LIST- PH 2

VEGETABLES

- ❑ Spinach, Kale leaves
- ❑ Mixed Greens
- ❑ Red & sweet Onion
- ❑ Bok Choy
- ❑ Chinese Cabbage
- ❑ Red Cabbage
- ❑ Celery
- ❑ Cucumbers
- ❑ Zucchini
- ❑ Green Beans
- ❑ Split peas (bag)
- ❑ Snow Peas
- ❑ Leeks
- ❑ Mushrooms
- ❑ Sweet potatoes
- ❑ Sweet potato (fries)
- ❑ Sprouts
- ❑ Cauliflower
- ❑ Fennel bulb
- ❑ Yellow Squash
- ❑ Beets
- ❑ Artichoke
- ❑ Broccoli
- ❑ Carrots

FRUITS

- ❑ Avocados, fresh and or frozen chunks
- ❑ Blueberries
- ❑ Lemons or juice
- ❑ Orange
- ❑ Raspberries
- ❑ Mixed Berries
- ❑ Strawberries
- ❑ Bananas
- ❑ Dates
- ❑ Frozen mango chunks
- ❑ Peach slices
- ❑ Pineapple slices
- ❑ Lime

SEEDS

- ❑ Flaxseeds
- ❑ Sesame Seeds
- ❑ Chia Seeds
- ❑ Hemp Seeds
- ❑ Pumpkin Seeds
- ❑ Sunflower Seeds

BEVERAGES & SWEETENERS

- ❑ Dairy Free Seed Milk
- ❑ Clean filtered water
- ❑ Cranberry juice Concentrate
- ❑ Detox Teas
- ❑ Decaf green tea
- ❑ Raw Honey
- ❑ Stevia
- ❑ Monk Fruit
- ❑ Maple Syrup

BEANS & SOUPS

- ❑ Northern (Navy) beans
- ❑ Chickpeas (Garbanzo)
- ❑ Cannellini beans & Lentil's

<u>Amy's Organic Soups</u>
Lentil vegetable soup
Split pea soup

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CLEAN PROTEIN

- ❑ Salmon Fillets
- ❑ Can Salmon, Tuna
- ❑ Can Herring, sardines
- ❑ Ground Turkey
- ❑ Ground Bison
- ❑ Whole Deli Rotisserie Chicken
- ❑ Chicken, breasts
- ❑ Shrimp, scallops
- ❑ Ahi Tuna
- ❑ Healthy Life Creations – collagen powder

FAUX GRAINS & PASTA (GLUTEN FREE)

- ❑ Quinoa (seed that acts like a grain)
- ❑ Buckwheat grouts (seed that acts like a grain)
- ❑ Amaranth (comes from flowers, acts like grain)
- ❑ Artichoke pasta
- ❑ Miracle noodles, Pasta Zero or Shirataki noodles (made from Konjac root)

OILS, CONDIMENTS / MISC.

- ❑ Avocado Oil
- ❑ Extra-Virgin Olive Oil
- ❑ Toasted Sesame Oil
- ❑ Vegetable Broth
- ❑ Bone Broth
- ❑ Apple Cider Vinegar (organic unfiltered)
- ❑ Tahini paste
- ❑ Tamari sauce
- ❑ Coconut Aminos
- ❑ Balsamic vinegar
- ❑ Olives

HERBS / SPICES

- ❑ Frozen garlic, ginger and onion cubes
- ❑ Vanilla Extract
- ❑ Turmeric
- ❑ Ceylon Cinnamon
- ❑ Ginger
- ❑ Parsley
- ❑ Ginger Root
- ❑ Sea Salt
- ❑ Black Pepper
- ❑ Basil
- ❑ Thyme
- ❑ Curry
- ❑ Cumin
- ❑ Bay Leaves
- ❑ Rosemary
- ❑ Chili Powder
- ❑ Oregano

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SUGGESTED MEALS

PHASE 3: DAYS 8-14

You can prep and make a lot of dishes the day before. Dressings, snacks, protein balls, dips, and drinks are not included in your sample meal plan or shopping list. Feel free to add 1-2 snacks per day in-between meals, from the Recipe Guide, or have a smoothie or cup of tea to hold you over. Try not to eat unless you are hungry.

DAY	BREAKFAST	LUNCH	DINNER
8	Chia Pudding	Egg Salad	Zucchini Noodles with Curry Coconut Sauce and Chicken
9	Scrambled Eggs	Red Lentil Stew with Fresh Green Beans	Zen Bowl with Marinated Chicken
10	Green Smoothie	Strawberry Salad with Almonds	Detox Spinach Bowl with Salmon
11	Almond Butter Chia Pudding	Carrot Salad	Mini Bison (or Turkey) Burgers with Zucchini Bun
12	Buckwheat Power Porridge with Fresh Fruit	Tuna Poke Bowl	Detox Soup & Salad
13	Cleansing Smoothie	Veggie Chickpea Grain Bowl	Kabobs over Brown Rice
14	Anti-Inflammatory Smoothie	Lentil Burger on Rye or Wheat Bread	Marinated Chicken Breast & French Green Beans

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SHOPPING LIST- PH 3

VEGETABLES - CAN BE FRESH FROZEN CANNED OR IN JAR

- ❑ Kale Leaves
- ❑ Mixed Greens
- ❑ Purple Cabbage
- ❑ Celery
- ❑ Red Onion
- ❑ Sweet Onion
- ❑ Garlic Cloves
- ❑ Ginger Root
- ❑ French Green Beans
- ❑ Cucumber
- ❑ Carrots
- ❑ Zucchini - spiralized
- ❑ Baby Spinach
- ❑ Chard or Collard Greens
- ❑ Sprouts
- ❑ Yellow Squash
- ❑ Artichoke
- ❑ Asparagus
- ❑ Sweet peppers
- ❑ Whole mushrooms
- ❑ Beets
- ❑ Edamame
- ❑ Sweet potatoes (fries)

FRUITS - FRESH OR FROZEN

- ❑ Raspberries
- ❑ Banana
- ❑ Blueberries
- ❑ Avocado
- ❑ Orange
- ❑ Lemon
- ❑ Strawberries
- ❑ Pineapple Slices
- ❑ Mango chunks frozen
- ❑ Dates
- ❑ Berries

NUTS & SEEDS (RAW)

- ❑ Flax & Chia Seeds
- ❑ Hemp Seeds
- ❑ Almonds
- ❑ Sunflower Seeds
- ❑ Walnuts

BEVERAGES

- ❑ Dairy Free Milk
- ❑ Detox Teas
- ❑ 1 can of Coconut milk

CLEAN PROTEIN

- ❑ Eggs
- ❑ Chicken Breasts
- ❑ Salmon Fillets, wild caught
- ❑ Ahi Tuna
- ❑ Ground turkey
- ❑ Ground Bison
- ❑ Healthy Life Creations collagen powder

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CONDIMENTS / MISC.

- ❑ Dill pickles
- ❑ Honey or stevia
- ❑ Cacao Powder
- ❑ Coconut Oil
- ❑ Almond Butter
- ❑ Rolled Oats
- ❑ Quinoa, Buckwheat or Amaranth
- ❑ Vegan Mayonnaise or dairy free yogurt
- ❑ Olives
- ❑ Vegetable Broth
- ❑ Or Bone broth
- ❑ Brown Lentils
- ❑ Brown Rice
- ❑ Rye or wheat Bread
- ❑ Extra Virgin Olive Oil
- ❑ Tamari (soy sauce)
- ❑ Toasted Sesame Oil
- ❑ Tahini paste
- ❑ Coconut aminos
- ❑ Chickpeas, canned
- ❑ Amy's Organic Soups

HERBS / SPICES

- ❑ Fresh Parsley
- ❑ Vanilla Extract
- ❑ Dijon Mustard
- ❑ Ceylon Cinnamon
- ❑ Ginger
- ❑ Oregano
- ❑ Sea Salt
- ❑ Black Pepper
- ❑ Turmeric
- ❑ Basil
- ❑ Cumin
- ❑ Thyme
- ❑ Curry
- ❑ Garlic
- ❑ Chili Powder

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