

5-DAY
Slim Down

SHOPPING LIST



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

1. You can add clean sources of protein to each meal. A list of clean sources of protein, vegetarian and non-vegetarian, are listed in the Detox Guide.
2. If you are still hungry, add soup, salad, or an extra bowl of vegetables to any entrée and remember, you can add protein to any meal. Refer to your Detox Guide for more information about clean protein options.
3. Keep in mind that any extra soups, salads, and sweet potatoes are NOT included in your shopping lists. If you plan to include them, you'll need to add them to your list. For example, if you see "and 1/2 sweet potato" or "and a small salad" with a recipe, those are not included in your shopping list as they are optional.

SHOPPING LIST

VEGETABLES

- Onions, small – 3
- Baby Spinach – 12 c
- Spinach – ½ c
- Kale – 2 c
- Baby Kale – 2 c
- Bell Pepper, large – 1
- Red Bell Pepper, large – 1
- Yellow Bell Pepper – 1
- Arugula – 4 c
- Artichokes, in water – 1 jar
- Purple Cabbage – 1 head
- Cucumbers – 5
- Celery – 4 stalks
- Spring Mix – 2 c
- Radishes – 4
- Carrots, shredded – 1 c
- Sprouts, any variety – 2 c
- Mixed Greens – 4 c
- Cherry Tomatoes – 2½ c
- Cultured Vegetables – ½ c
- Beet, small – 1
- Broccoli, florets – 2 c
- Asparagus – 1 bunch
- Romaine – 8 leaves (optional in place of paleo taco shells)

SNACKS

- _____
- _____
- _____
- _____
- _____

FRUITS

- Avocados – 6
- Orange – 1
- Strawberries – ½ c
- Lemons – 7
- Blueberries – ½ c
- Banana, frozen – 1
- Pineapple, chopped – ½ c
- Limes – 2

NUTS & SEEDS

- Chia Seeds
- Almonds – ¼ c

CONDIMENTS/MISC.

- Coconut Oil
- Extra Virgin Olive Oil
- Plant-Based Protein Powder
- Salsa – ¼ c
- Lentils (dry or can)
- Garbanzo Beans, can – 1 (optional in place of deli turkey and tuna)
- Olives, pitted – ¾ c
- Dried Coconut, shredded
- Tahini
- Almond Flour or Other GF Flour – ¼ c
- Marinara Sauce – 2 c
- Corn Taco Shells – 8 (optional)

BEVERAGES & DAIRY

- Eggs – 5
- Eggs, hard-boiled – 2
- Dairy-Free Milk – 2 ½ c
- Coconut Milk – ¾ c
- Coconut Water – ½ c

MEAT & FISH

- Frozen Shrimp – 8 oz. (optional in place of lentils)
- Deli Turkey, nitrate-free – 5 -10 slices (optional in place of garbanzo beans)
- Ground Turkey – 1 lb.
- Chicken Breast Skinless – 8
- White Fish Fillets, cod or halibut – 1 lb.
- Salmon Fillets – 4
- Salmon, 15-ounce can – 1 (optional)
- Tuna, 5oz. can – 1 (optional)

HERBS/SPICES

- Sea Salt
- Black Pepper
- Dried Basil
- Italian Seasoning
- Garlic Powder
- Turmeric
- Cumin
- Parsley – ½ bunch
- Cilantro – 1 bunch
- Garlic – 5 cloves
- Mint – 10 leaves