

PROTEINS

2 DOZEN EGGS
1 PACK OF BACON
½ LBS. OF DELI HAM
½ LBS. OF DELI TURKEY
2 LBS. BONELESS CHICKEN THIGHS
1 WHOLE CHICKEN FRYER
½ LBS. OF WILD CAUGHT FISH
1 PORK TENDERLOIN
1 LBS. OF GROUND BEEF
3 CANS OF SARDINES
1 PACK OF SAUSAGE
1 PACK OF GRASS FED BUTTER

DRINKS

COFFEE
GREEN OR BLACK TEA
HERBAL TEA
SPARKLING WATER

PRODUCE

3 AVOCADOS
3 TOMATOES
2 ONIONS
2 BELL PEPPERS
1 HEAD OF LETTUCE
6 BAGS OF FROZEN VEGGIES
4 ZUCCHINIS OR ONE LARGE SQUASH

NUTS

¼ LB. OF ANY HARD SHELLED NUTS OF YOUR CHOICE

PANTRY

SEA SALT
CURRY POWDER
OLD BAY SEASONING
1 BOTTLE OF DIJON MUSTARD
1 BOTTLE OF HOT SAUCE
1 JAR OF TOMATO SAUCE
1 JAR OF DILL PICKLES
1 JAR OF PEPPERONCINI PEPPERS
EXTRA VIRGIN OLIVE OIL
COCONUT OIL
21 SEASON SALUTE (TRADER JOE'S)
APPLE CIDER VINEGAR (UNFILTERED)
1 BAR OF DARK CHOCOLATE (AT LEAST 75%)
1 BAG OF COCONUT CHIPS (UNSWEETENED)
1 FROZEN BAG OF BONE BROTH (WHOLE FOODS)

PROTEINS

Buy the highest quality proteins you can afford. In the case of fish only wild caught fish is allowed. Deli meats and sausage should be gluten free and without any added sugars (Boars Head products are recommended). The whole chicken can be substituted for a pre-cooked rotisserie chicken. If the ground beef is grass-fed and organic, select the highest percentage of fat, if it is not, then select a leaner option. Sardines can be preserved in water or olive oil.

PRODUCE

Vegetables: Consult the Dirty Dozen and Clean Fifteen list and buy the cleanest produce you can afford. You could even visit a local Farmer's Market and score seasonal and local vegetables. Select your avocados in different stages of ripeness to last you through the week. You can buy any variety of frozen veggies as long as they don't have any added sugar or sauces, but remember frozen corn is not a veggie! Bell peppers can be substituted for frozen bell peppers, they are great for stir frying.

Fruits: Frozen berries are a great snack, don't over eat them, they should last the whole week. Limit your consumption of fruit to one serving per day, less if you are trying to lose weight.

Nuts: Select hard shelled nuts and peel them as you eat them. Nuts are very calorie dense and they are easy to overeat. Be adventurous, you are not limited to almonds. You can buy brazil nuts, macadamia nuts, pecans or any nut that is available at your supermarket. Remember, peanuts are not nuts, they are actually legumes.

PANTRY

Check your spice rack, you might have all the spices you need for the next week. Salt should be iodine free. Select pickles that are sugar free. Olive oil should be expeller pressed and not expired, check your dates! Extra virgin coconut oil can have a faint coconut taste, this is great for curries and stir frying, if you prefer a flavorless oil you can buy refined coconut oil. This is the only case where a refined food is ok. Chocolate is full of antioxidants and is delicious, buy plain chocolate and enjoy a little piece after dinner.

DRINKS

Buy sugar free flavored soda water (La Croix has some awesome products). If you are a soft drink addict sparkling water will be integral in breaking your habit. Drink your coffee before noon, always black and without any sweeteners. Choose any herbal tea of your choice, dandelion tea is a great coffee substitute and it's great for your liver. Green tea can make some people nauseous if its sipped on an empty stomach