



Shopping List for Accelerated Weight Loss plan

Purchase a few days before you are ready to begin.

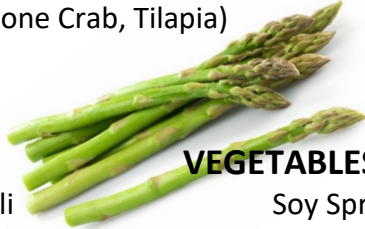
Organic Is Preferred!

Ask about a where you can purchase organic meats

PROTEIN

(Beef/Poultry/Fish)

- Boneless Skinless Chicken
- Boneless Skinless Turkey
- Lean Grass Fed Beef
- Lean Grass Fed Veal
- White Fish (Crab, Flounder, Halibut, Lobster, Haddock, Cod, Sole, Shrimp, Stone Crab, Tilapia)



VEGETABLES

- | | |
|---------------------|-------------------------|
| Broccoli | Soy Sprouts |
| Cucumbers | Tomatoes |
| Cabbages | Beet Greens (tops only) |
| Celery | Asparagus |
| Onions (All types) | Chard |
| Garlic | Radishes |
| Spinach | Chicory |
| Brussels sprouts | Cauliflower |
| Endive | Fennel |
| Mushrooms | Zucchini (No squash) |
| Lettuce (All types) | Kale |
| | Green Beans |



FRUITS

- | | |
|--------------|--------|
| Grapefruit | Apples |
| Strawberries | Kiwi |
| Oranges | Lemons |
| Limes | |



BEVERAGE/CONDIMENTS/ OTHER

- Natural Teas
- Black Coffee
- Water
- Unflavored Mineral water
- Craving Factor*
- Sea Salt
- Bragg's Liquid Aminos
- All Spices

