

SHOPPING LIST - Grocery List

BUY EARLY TO PREPARE ~ BUY AT LEAST + 3 TYPES OF BEANS

RAW NUTS & SEEDS - LIMITED

- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts
- Sunflower Seeds
- Pumpkin Seeds

**PRINT
THIS
PAGE**

[Meat Eaters] 93% lean beef, chicken breast, white fish and 1 egg per meal

RICE & WHOLE GRAINS

- Barley
- Brown rice & Long grain rice
- Old Fashioned Rolled Oats
- Quinoa
- Wild rice Of All Types Including Basmati Rice
- Gluten free pasta
(Rice Quinoa blend Only)

Sweeteners for baking

PURE maple syrup ONLY

DATES

PURE STEVIA - no added erythritol

EAT ALL THE BEANS YOU WANT

All Types of Beans and Lentils
(no added ingredient)

- Black beans
- Chickpeas / garbanzo beans)
- Pinto beans
- Navy beans (also called Great Northern Beans)
- Red Lentils Brown & Green Lentils



Unlimited Fruit & Veggies

No Fat + No Avocado

Spices

- Black Pepper
- Cayenne
- Cinnamon
- Chili Powder
- Garlic Powder *** (MamaSezz Chef Caroline says garlic-parmesan > for the cheese lover)
- Italian Seasoning
- Mrs. Dash or another salt-free all-purpose seasoning
- Red Chili Pepper Flakes
- Smoked Paprika
- Turmeric

IMPORTANT >>> NO DIET OR SUGAR DRINKS

Drink water, herbal tea, lemon and lime water and any unsweetened Nut Milk ONLY