

Shopping List

- Buy Calorie King Book
- Blender or hand held puree mixer
- Extra Virgin Olive oil or other allowed oils (check food choices)
- Balsamic Vinegar
- Celestial Seasoning Teas (raspberry is my favorite)
- Fresh fruits and frozen fruits (check food choices)
- Lots of Category 1 Vegetables (check food choices)
- Mixed nuts or other nuts and seeds allowed (check food choices)
- Larabars- Count these as a fruit serving
- Amy's Burritos and Vegetable Lasagna
- Rice, soy, coconut milk
- Lean Meat Choices and Boars head lunch meats (turkey and chicken)
- Beans (check food choices)
- Oatmeal/Natural Granola