

UPDATED Grocery Shopping Guide

WHAT FOOD SHOULD I HAVE IN MY HOME ON A REGULAR BASIS TO MAKE OPTIMAL CHOICES FOR MY HEALTH AND WELLNESS?

Looking and feeling healthy is created by a lifestyle you design for yourself to achieve your well being. It is an active process of becoming aware of and making choices.

Organic if you can - Our world is becoming more and more tainted with dangerous chemicals. In an attempt to increase production and capture bigger market shares, the use of fertilizers, pesticides and food additives; such as dyes and preservatives, has become so prevalent that "artificial ingredients" are now outnumbering "natural ingredients" on many food content labels. It is the opinion of many experts that this ever-increasing use of artificial fertilizers, pesticides, and chemical additives has a direct correlation to the ominous rise in cancer rates and other health problems.

Organic foods are rapidly becoming recognized as a logical alternative in this chemical-laden world. The focus on environmentally-sound agricultural methods and "sustainable" agriculture is getting the attention of many who are now concerned about what they're eating as well as the environment. Organic food is a reliable and safe alternative to the issues regarding conventionally grown, processed, and packaged foods.

10 Day Cleanse Suggestions - Recommended Portion size at each sitting is in parentheses. A double asterisk (**) indicates the choice is unlimited.

Protein ideas

Skinless, boneless chicken or turkey breast (3 to 4 oz for women and 4 to 6 for men, palm size, 1 inch thick)

All fish & seafood - fresh, frozen or canned in water (3 to 4 oz for women and 4 to 6 for men, palm size, one inch thick)

Eggs (2-3)

Tofu (3 to 4 oz)

Deli Chicken and Turkey that is not processed, "added" to, or "pressed/ formed together. (3-6oz)

Egg starters – egg whites (1-2 servings)

Dry roasted or raw nuts like almonds, walnuts, hazelnuts, cashews, Brazil, etc. Get **No Salt** (2oz – about 24) The prepacked 100 calorie raw packs from BJs are great.

(Nuts are an excellent, nutritious snack. Just watch the servings!)

Fibrous Carbohydrate ideas (these are optimal carbs.)

Artichoke (1)

Asparagus (**)

Avocado (1/4 to 1/2)

Broccoli (**)

Brussel Sprouts (1 1/2 cup)

Cabbage (**)

Carrots (1 lg. or 1 cup mini's)

Cauliflower (**)

Celery (**)

Cucumber (**)
Edamame – soybeans (1/2 to up to 1 cup)
Escarole (**)
Green beans (**)
Lettuce and other leafy greens (**)
Peppers – Red, yellow, green (**)
Radishes (**)
Salad Greens – all varieties (**)
Spinach (**)
Tomatoes (1 large or 1 cup cherry or grape)

Blueberries and raspberries (up to 2 cups)
Apples (1)
Apricots (2-3 small)
Bananas (1)
Cantaloupe/honeydew (1 cup)
Grapefruit (1)
Oranges (1)
Peaches (1)
Pear (1)
Plums (2)
Strawberries (1 cup)

***It is recommended that you eat your fruit with a protein source**

Complex or Starchy Carbohydrate ideas (these should be limited to once selection per day on the Cleanse)

Beans/legumes – Black, black-eyed, butter, garbanzo, kidney, lentils, lima, pinto, soybeans (3/4 cup)
Hummus (1/4 cup)
Oatmeal – Old Fashioned rolled oats or steel-cut 1/2 cup dry)
Peas (3/4 cup)
Quinoa (3/4 cup)
Rice - basmati, brown, long grain, wild (3/4 cup)
Sweet potato or yam (1 medium)

Good fats, herbs & condiments

Olive, canola, coconut, sesame oil. (1tbsp.)
All types of vinegars (**)
Braggs soy protein – to replace soy sauce. (drops)
An array of fresh and/or bottled herbs and spices for seasoning (**)
Fresh mint, lemons/limes (**)
Mustard, relish, canola mayo (1tablespoon)
Zero calorie PAM spray

AdvoCare Products for the first 10 Days of the 24 Day Commit2Fit Program

Herbal Cleanse - The products inside the box should be taken at the times indicated. These are not EXACT. If you are 10-15 minutes either side of the recommended time schedule it is still ABSOLUTELY fine.

OmegaPlex - Along with the Herbal Cleanse products, it is optimal to take 4 OmegaPlex capsules each day. You can take these all at once (always with a meal) or split them up between two meals.

Spark - Spark can be consumed throughout the day for optimal, even energy and mental focus. First thing in the morning is a perfect time as it starts your day out right. Mid morning and/or mid afternoon are also great times. After dinner may not be the best as it could affect your sleep.

Catalyst - This is an amino acid product that will help maintain lean muscle during weight management and exercise programs. It also aids in muscle repair and maintaining energy levels. Catalyst should be taken as follows: To begin, take three Catalyst 15-30 minutes before lunch and 15-30 minutes before dinner. On days that you workout, take Catalyst 15 minutes before your workout and 15-30 minutes before either lunch or dinner.

Muscle Gain for snacks after the cleanse.

Health, Hope & A Quality Future!