

Belly Blast



Grocery Lists & Meal Plan



Week #1: Grocery List

Meat:

2- 4 oz Chicken breast organic (free range or at least antibiotics & hormone free)

Fish:

Wild fish or your choice (ex. 3-4oz. Salmon)

Eggs:

Eggs – organic or at least antibiotic & hormone free

Nuts:

Raw almonds, raw walnuts, raw Brazil nuts

Almond butter or at least natural peanut butter Smart Balance at Winco – *not* “Jif” type

Tea:

Green tea or other teas – tea bags *not* tea bottled drinks

Vegetables:

Organic as much as possible

Options: Spinach, tomatoes, Romaine lettuce (for wraps) mushrooms, onions, kale, carrots, cucumbers, broccoli, cauliflower, asparagus, garlic, mixed greens, peppers, celery, and hot peppers

Fruits:

Organic as much as possible

Apples, avocado, pineapple, bananas, berries (strawberries, blueberries), mangos, pear, lemon, and peaches

Grains:

Ezekiel bread (also: rice or spelt)

Steel oats (for oatmeal)

Brown rice – sparingly

Quinoa

Misc:

Cottage cheese – low fat

Hummus

Sea salt

Coconut oil

Extra Virgin Olive oil – cold pressed

Balsamic vinegar – (no high fructose corn syrup)

Dijon mustard (no high fructose corn syrup)

Cinnamon

Almond butter or at least natural peanut butter Smart Balance at Winco – *not* “Jif” type

Spices for chicken and wild fish

Seasons: oregano, parsley, thyme, pepper, garlic powder



Week #2: Grocery List

(Check last week's status on before you go shopping for the below)

Meat:

2 - 4oz Chicken breast organic (free range or at least antibiotics & hormone free)

1 - 4oz Turkey breast organic (free range or at least antibiotics & hormone free)

Fish:

Wild fish or your choice (ex. 3-4oz. Salmon)

Eggs:

Eggs – organic or at least antibiotic & hormone free

Nuts:

Raw almonds, raw walnuts, raw Brazil nuts

Almond butter or at least natural peanut butter Smart Balance at Winco – *not* “Jif” type

Tea:

Green tea or other teas – tea bags *not* tea bottled drinks

Vegetables:

Organic as much as possible

Options: spinach, tomatoes, Romaine lettuce (for wraps) mushrooms, onions, kale, carrots, cucumbers, broccoli, cauliflower, asparagus, garlic, mixed greens, peppers, celery, and hot peppers

*sweet potato/green beans

Fruits:

Organic as much as possible

apples, avocado, pineapple, bananas, berries (strawberries, blueberries), mangos, pear, lemon, and peaches

*cherries

Grains:

Ezekiel bread (also: rice or spelt)

Steel oats (for oatmeal)

Misc:

Cottage cheese – low fat

Hummus

Greek yogurt – plain

String cheese



Week #3: Grocery List

(Check last week's status on before you go shopping for the below)

Meat:

2 - 4oz Chicken breast organic (free range or at least antibiotics & hormone free)

2 - 4oz Turkey breast organic (free range or at least antibiotics & hormone free)

Fish:

Wild fish or your choice (ex. 3-4oz. Salmon)

Tuna – 1 can

Eggs:

Eggs – organic or at least antibiotic & hormone free

Nuts:

Raw almonds, raw walnuts, raw Brazil nuts

Almond butter or at least natural peanut butter Smart Balance at Winco – *not* “Jif” type

Tea:

Green tea or other teas – tea bags *not* tea bottled drinks

Vegetables:

Organic as much as possible

Options: Spinach, tomatoes, Romaine leafs (for wraps) mushrooms, onions, kale, carrots, cucumbers, broccoli, cauliflower, asparagus, garlic, mixed greens, peppers, celery, and hot peppers

*Sweet Potato/green beans/brussel sprouts

*Spaghetti squash

Fruits:

Organic as much as possible

Apples, avocado, pineapple, bananas, berries (strawberries, blueberries), mangos, pear, lemon, and peaches

*Cherries

Grains:

Ezekiel bread (also: rice or spelt)

Steel oats (for oatmeal)

Misc:

Cottage cheese – low fat

Hummus

Greek yogurt – plain

String cheese

Organic jelly or jam

Protein bars - Ask us and we will direct you to the best one.



Food Swaps:

(If you don't like a food or have allergies, you may swap out foods)

Vegetables: choose non-starchy vegetables to swap with non-starchy vegetables.

Fruit: choose mainly apples, pears, bananas, berries and peaches

Breads: Choose gluten-free, rice or spelt bread

Eggs: if egg allergy, choose rice protein powder, lean meat, or cottage cheese

Dairy: yogurt and cottage cheese can be swapped for each other (or limited amounts of string cheese)

Lean Proteins: can be exchanged for fish/seafood and vice-versa

Exchange a Protein for a Protein, a Carbohydrate for a Carbohydrate, & a Fat for a Fat.

Suggestions for Protein Powder:

Whey Protein Powder From Costco
Ask us and we will direct you to the best one.

Suggestions for Protein Bars:

Ask us and we will direct you to the best ones.

