



**\*\*\* Shopping List for days 1-3 are integrated into the main 10-Day Sexy Slim Down Ebook.**

# Shopping List Days 4-10

## Protein

- 12 eggs (pasture raised or organic, if possible)
- 1 can wild sardines / fish in olive oil or water
- 1 can wild tuna
- 2 lbs. grass fed ground beef (or replace 1/2 lb. ground turkey)
- 2 servings protein powder (grass fed whey, hemp or pea protein)
- 24-28 oz. organic chicken breast
- 2 4-6 oz. wild salmon filets
- 1-2 organic breakfast sausages (chicken)

## Vegetables and Fruit

- 6 basil leaves
- 1 cup zucchini
- 1 cup broccoli
- 1/2 cup cauliflower
- 1 1/4 red onion
- 4 onions (of your choice)
- 1 large green bell peppers
- 2 bell peppers (of your choice)
- 1 cup kale
- 12 garlic cloves
- 1 jalapeno pepper
- 3 avocados
- 1 1/2 yam or sweet potato
- 4 lemons
- 2 romaine lettuce or kale leaves
- 3 cups romaine lettuce
- 4 cups spinach
- 1/2 cup blueberries, raspberries or blackberries
- 4 carrots
- 1/4 cucumber
- 1 apple
- 2 large Portobello mushrooms
- 1 cup raw sauerkraut
- 9 cups mixed greens (or replace 2 cups with spinach)
- 4 tomatoes
- 6 tbsp. cilantro
- 3 cups fresh or frozen green beans
- 1 green onion
- 1 serving mixed veggies for snacks of your choice (carrots, celery, bell pepper, etc)
- 1/4 cup pumpkin puree (canned or fresh)
- 1 1/2 banana
- 1/2 cup strawberries
- 1/2 cup raspberries

2 pieces of seasonal fruit (of your choice)

1 kiwi

1/2 apple

## **Fats and Oils**

7 1/2 tbsp. virgin coconut oil

2 tbsp. ground flax seeds

8 tbsp. extra virgin olive oil

1 tbsp. almond butter

3 tbsp. + 1/4 cup raw almonds

## **Other**

Salt and pepper

1 tsp. cinnamon

1 tbsp. raw honey

1/2-1 tbsp. grade b or c maple syrup (or replace with honey)

1 tbsp. oregano powder

1 tbsp. taco seasoning

2 tbsp. cumin powder

1/2 tsp. paprika

1 tbsp. turmeric powder

1/2 tsp. dry mustard powder (optional)

1 16 oz. can tomato puree

1 16 oz. can crushed tomatoes

1 8 oz. can tomato sauce

4 tbsp. chili powder

1 tsp. vanilla extract

1 tbsp. ground cumin

1/2 tsp. garlic powder

1/2 tsp. onion powder

1 tsp. pumpkin pie spice (or replace with a pinch of cinnamon, nutmeg and ground ginger)

1/2 tsp. cayenne pepper (optional)

1 tsp. raw apple cider vinegar

3 tbsp. balsamic vinegar

1 serving hummus or pesto for snack (3 tbsp. hummus, 2 tbsp. pesto)

1/4 cup non-fat plain yogurt, or unsweetened almond/coconut milk

1 cup non fat plain Greek yogurt