

Healthy Shopping List Eight-Day & Post-Ignite Plan

Animal Products

- Turkey
- Chicken
- Elk
- Venison
- Liver
- Eggs (cage-free)

Fish & Seafood Crab

- Flounder
- Grouper
- Herring
- Lobster
- Mahi Mahi
- Orange Roughy
- Oysters
- Red Snapper
- Salmon
- Sardine
- Sea Bass
- Shrimp
- Swordfish
- Tilapia
- Tuna
- Trout

- Dairy** *(During 8-Day: Can be used on Days 3,5,7 as a topping or with Lean Shake)*
- (no cow dairy)
 - Almond Milk
 - Goat Cheese
 - Goat Milk
 - Rice Milk

Vegetables

- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Endive
- Green Beans
- Kale
- Lettuce (romaine)
- Mushrooms (1-2 servings/wk)
- Onion
- Parsley
- Scallion
- Spinach
- Squash
- Sweet Potato
- Turnip
- Snow Peas

Fruit *(Not to be eaten during 8-Day Ignite.)*

- Apple
- Peach
- Strawberry
- Watermelon (when in season)

Beans *(During 8-Day: Can be used on Days 3,5,7 in place of one protein meal)*

- Azuki
- Black
- Kidney
- Lentils
- Lima
- Navy
- Pinto

Grains

- Barley
- Brown Rice (organic)
- Buckwheat
- Cous Cous
- Oats (steel cut)
- Quinoa
- Rye

Oils *(As topping or for cooking)*

- Coconut
- Olive
- Sesame
- Sunflower

Drinks

- Distilled Water
- Global Blend
- Green Tea
- Spryng

Seasonings

- Cayenne Pepper
- Garlic
- Herbs
- Onions
- Pepper
- Sea Salt (in moderation)

Sweeteners

- (in moderation)*
- Agave
 - Date Sugar
 - Palatinose
 - Stevia



TIP FOR SUCCESS: PREPARE!

Go to the grocery store!!! Being prepared with the proper foods will set you up for success.

NOTE: While all items are accepted during Post-Ignite, please notice that some items are not to be used during 8-Day Ignite (fruit) or are limited to Days 3,5,7 (Dairy, Beans, Peanut Butter).

Other

- Balsamic Vinegar
 - Nuts: Almonds, Walnuts, Peanuts (raw only)
 - Seeds: Pumpkin, Sunflower, Sesame
 - Natural Peanut Butter
 - Natural Almond Butter
- (During 8-day: Can be used on Days 3,5,7 in place of Afternoon Snack)*