

# QuickStart Shopping List

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## QUICKSTART STAPLES

- [Fat Flush Whey or Body Protein](#)
- [Hempseed Oil](#)
- [Full-Fat Coconut Milk](#)
- [Cacao Powder](#)
- [SweetLeaf Stevia](#) or [Just Like Sugar](#)
- [Daily Greens Formula](#)
- Organic Coffee or [Dandelion Root Tea](#)

## SUPPLEMENTS

- [Weight Loss Formula](#)
- [CLA-1000](#)
- [Bile Builder](#)

## LEAN PROTEIN

- Lean Beef
- Low-Mercury Fish
- Lamb
- Poultry
- Seafood
- Tempeh
- Tofu
- Eggs

## ESSENTIAL SKINNY FATS

- Hempseed Oil
- Olive Oil
- Full Fat Bone Broth
- Avocado

## VEGGIES

- Arugula
- Asparagus
- Artichoke
- Bamboo Shoots
- Bell Pepper
- Beet Greens
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chives
- Collard Greens
- Cucumber
- Daikon
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green Beans
- Jerusalem Artichoke
- Jicama
- Kale
- Leeks
- Lettuces
- Mustard Greens
- Okra
- Olives
- Onion
- Radicchio
- Radish
- Rhubarb
- Spaghetti Squash
- Spinach
- Sprouts
- Swiss Chard
- Tomatoe
- Water Chestnuts
- Watercress
- Yellow Squash
- Zucchini

## **FRUIT**

- Apple
- Blackberry
- Blueberry
- Raspberry
- Cherry
- Grapefruit
- Orange
- Nectarine
- Peach
- Pear
- Plum
- Strawberry
- Kiwi

## **HERBS, SPICES AND CONDIMENTS**

- Basil
- Ginger
- Mustard
- Bay Leaf
- Cayenne
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Lemon

## **BEVERAGES**

- 100% Unsweetened Cranberry Juice
- Fennel or Ginger Herbal Tea

***PURCHASE the QuickStart Guide for the full plan!***