

Several of the seasonings and condiments are used when preparing a healthy dish, so even though this may be expensive at first, you'll be able to use these products within the first 10-days and beyond and eventually will refer to these items as essentials.

Veggies

- 3 White or yellow onion
- 1 Zucchini
- 2 Green peppers
- 2 Carrot
- 1 Cucumber
- 2 Red peppers
- 2 1/2 Cup fresh spinach
- 1/2 Cup mushrooms (button, portabella or cremini) sliced
- 2 Avocados
- ½ Cup shredded lettuce (iceberg, summer crisp, butterhead, romaine varieties)
- 2 tbs fresh basil
- 5 Stalks of celery
- ½ cup of broccoli, cauliflower or asparagus (choose 1)
- 1 head broccoli (3 cups chopped)
- Green onions

Dairy

- Carton of eggs
- Sticks of butter
- ¼ Cup cheese (Cheddar, Monterey Jack, or Colby)
- ½ Gallon Milk (unsweetened almond milk or coconut milk)

Baking/Seasonings

- Unsweetened cocoa powder
- Almond meal/flour
- ½ Cup ground golden flaxseeds
- ¼ cup sundried tomatoes, chopped
**optional*
- Cinnamon
- Sea salt
- Black pepper
- Curry powder **optional*
- ½ cup unsweetened shredded coconut
- 4 Garlic cloves

Baking/Seasonings

- Tamari sauce or gluten-free soy sauce
- Sesame oil
- Garlic powder or finely minced garlic
- Onion powder
- Oregano
- 2 cups ground Almonds or Pecans
- 2 cup of Walnuts
- Sugar sweetener (0 calorie and 0 carb)
- Inulin Powder
- Grated ginger

Fruit

- 1 Lemon
- 1/2 cup purple grapes
- 3 green bananas
- 2 Cups blueberries
- Premade Salsa or Pico De Gallo (*if you wish to make your own, ingredients are below*)

Meat

- Packaged of uncured bacon, sausage or Canadian bacon
- 4 bone-in pork chops (*1, if you're preparing the meal for just yourself*)
- 2 Chicken breasts
- 1lb boneless, skinless chicken breasts
- ¾ lb. ground beef
- 6 oz Ground meat for a single serving burger patty (beef, pork, turkey)
- ¾ lb. ground Italian sausage
- 2-3 oz. salami slices
- 2 oz roast beef (or other sliced meat)

Aisle Food

- Grated parmesan cheese
- Low-carb Mayonnaise
- ¼ cup chicken stock
- Low carb/sugar salad dressing (*If you want to make a Dr. approved dressing there are recipes in our recipe section. Search “dressing” to find them*).
- 2 Cups tomato sauce (*no added sugars and no high-fructose corn syrup*)
- 4-5 oz cans of Tuna
- Unsweetened natural peanut butter
- Dill pickles (low carb, great as a snack)
- Lindt Excellence Bar (Dark Chocolate 90% Cocoa) or Ghirardelli Intense Dark 92% Cacao Moonlight Mystique Chocolate (10 squares)

Condiments

- Extra-virgin olive oil
- Horseradish
- Balsamic vinegar
- Coconut oil

Frozen

- 1 bag frozen pineapple
- 1 bag pre-riced cauliflower

Salsa ingredients if you choose to make your own

- 1 medium tomato, finely chopped (Roma works well)
- 1 poblano pepper, finely chopped
- ½ red onion, finely chopped
- ¼ teaspoon sea salt
- ¼ teaspoon cayenne pepper
- 3 tablespoons fresh cilantro, finely chopped
- 1 lime

*****Purchase bananas as green as possible and store in the refrigerator, where they will stay green for around 5 days.**