

Recommended Grocery List

Below is a list of must-haves to complete this week's worth of meals and many of the meals and recipes created by BODY FOR LIFE.

Don't be overwhelmed; you're likely to have many of these staples on hand and if you're missing one spice or another, let your creative side shine through and try swapping in new flavors.

Sports Nutrition Essentials

AdvantEDGE Carb Control shakes

AdvantEDGE Lean 15 protein powder

Protein

Salmon

Strip Steak

Chicken breast

Chicken, rotisserie

Pork Tenderloin

Pork Chops

Ham, lean

Fish, halibut

extra-lean ground turkey

Turkey breast, smoked

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Black beans, canned

White beans, canned

Beef jerky

Dairy Aisle

Eggs

Greek yogurt, plain

Yogurt, vanilla, low-fat

Skim Milk

Parmesan cheese, shredded

Cottage cheese, low fat

Cheese, American, low-fat

Feta cheese

Fruit

Banana

Blueberries

Mixed berries

Lemon

Lime

Complex Carbohydrates

Old fashioned oatmeal, plain, uncooked

Hamburger buns, whole wheat

Pumpkin puree, canned

Sweet potato

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Russet / Idaho potato

Brown rice

English muffin, whole grain

Pita, whole grain

Tortillas, whole grain

Corn, kernels

Orange

Apple

Vegetables

Asparagus

Broccoli

Onion, red and white

Jicama

Tomatoes – cherry and sandwich

Tomato paste

Tomatoes, diced, canned

Mushrooms

Spring Mix

Green beans

Carrots, baby and whole

Parsley

Bell peppers- pro tip: grab a variety of colors

Cucumber

Celery

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Lettuce, romaine or your choice

Baby spinach

Kale

Fats and Oils

Avocado

Mixed Nuts

Olive oil, Extra-Virgin

Sesame oil

Hummus

Peanut Butter

Seeds: pumpkin and sunflower

Seasonings and other essentials

Bread crumbs

Stevia

Vinegar – pro tip: try wine, rice, or balsamic (to mix with olive oil for dressing)

Mint, fresh

Cilantro, fresh

Salsa

Soy sauce

Sesame seeds

Oregano, fresh or dried

Thyme, fresh or dried

Chili powder

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Cumin

Chicken broth

Maple Syrup

Semi-sweet chocolate chips

Fat-free, sugar-free chocolate or vanilla pudding

Cooking spray

Pumpkin Pie Spice

Cocoa, dutch

Dill, fresh or dried

Cinnamon

Garlic, minced, bottled

Ginger, fresh

Crushed red pepper

Mustard, dijon

Salt, Pepper

Recommended Meal Plan

If your goal is you want to *lose weight*, you've made the right decision to join the community at BODY FOR LIFE™. We're here to help steer you towards better health, wellness, and continuous progress. Your meal plan is designed to help you manage hunger while increasing your intake of healthy nutrients and that's why you'll be eating small meals throughout the day, every few hours. This way, you'll be energized but not stuffed, and with plenty of fiber and protein, you might even find new-found willpower to say "no" to food choices that seem to exist simply to try and derail your transformation journey!

DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	10:00pm
1	1/2 cup (dry measure) oatmeal, prepared with water. Mix in 1 scoop AdvantEDGE Lean 15 vanilla cream protein powder and 1/2 sliced apple	AdvantEDGE Carb Control shake, 1/2 sliced apple	Grilled salmon with broccoli and a small, sweet potato	Cottage cheese with blueberries	Spring mix salad topped with grilled strip steak, olive oil + vinegar dressing, and fresh sliced strawberries	1 toasted whole wheat tortilla, sliced into triangles and dipped in 2 Tbsp salsa and guacamole
2	BODY FOR LIFE Breakfast Wrap (1 scrambled egg, low-fat cheese, salsa, bell peppers, whole wheat tortilla)	AdvantEDGE Carb Control shake, 1 cup baby carrots	Grilled chicken breast, brown rice, sautéed spinach	Sliced cucumber, celery, 1/2 pita pocket (toasted), 2 Tbsp hummus	Pork tenderloin with asparagus and small baked potato	Bedtime smoothie: blend together 1 scoop AdvantEDGE Lean 15 powder, chamomile tea, ice, sliced ginger.
3	Whole grain English muffin topped with 1 egg white, 1 slice lean ham, 1 slice American	Cottage cheese mixed with 1 scoop AdvantEDGE Lean 15 and a handful of mixed berries	1 serving BODY FOR LIFE Southwest Chicken and White Bean Chili, side of	French Vanilla AdvantEDGE Carb Control shake blended with 1c ice, 1 c kale, 1 medium banana	1 serving BODY FOR LIFE Greek turkey burger, side salad	Crudités dipped in yogurt-based ranch dip

Pro Tip: When it comes to losing weight, you'll want to consider some of the below easy swaps to save on calories, fat, and to increase your fiber intake (fiber = feeling full). Don't worry, these substitutions are neither extreme nor devoid of flavor.

Replace this...	with this
whole milk	skim (0%), low-fat (1%), reduced fat (2%)
cheese	reduced fat (2% milk) cheese
pasta with white (cheese) sauce	pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon or lean ham
eggs	egg whites or egg substitutes
mayonnaise	reduce calorie, fat-free or mustard
creamy salad dressings	Vinegar-based dressings
guacamole	salsa
creamed soups	broth-based soups
butter, oil or shortening	non-stick cooking spray, applesauce or prune puree
White pasta, rice, or bread	Whole-grain breads and pasta, brown and wild rice