

Extended Isagenix Food Shopping List

I. This is a list of suggested foods to have; it is in no way comprehensive! There are many other foods that are ok to eat that are not on this list. When in doubt ask your coach and/or post in the Facebook group

<p style="text-align: center;"><u>VEGETABLES</u> (All except peas, carrots, corn)</p> <ul style="list-style-type: none"> Artichoke Avocado Asparagus Bell Pepper Bok Choy Broccoli Brussels Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Ginger Root Mushroom Onion Parsley Radish Root veggies Sea Vegetables Scallions Shallots Sprouts Squash Sweet Potato/Yam Tomato Zucchini <p style="text-align: center;">* Green Apple Ok</p>	<p style="text-align: center;"><u>PROTEIN</u></p> <p style="text-align: center;"><u>MEATS</u></p> <ul style="list-style-type: none"> Chicken Turkey (fresh carved, not Deli) <p style="text-align: center;">Hard Boiled Egg</p> <p style="text-align: center;"><u>FISH/SEAFOOD</u></p> <ul style="list-style-type: none"> Flounder Salmon Scallop Shrimp (grilled) Tilapia Tuna <p style="text-align: center;"><u>LEGUMES</u></p> <ul style="list-style-type: none"> Adzuki Beans Black Beans Garbanzo Beans Kidney Beans Lentils Lima Beans Navy Beans Pinto Beans White Beans 	<p style="text-align: center;"><u>HERBS</u></p> <ul style="list-style-type: none"> Basil Chive Dill Weed Marjoram Oregano Peppermint/Spearmint Rosemary Thyme <p style="text-align: center;"><u>SPICES</u></p> <ul style="list-style-type: none"> Cayenne Chili Powder Cinnamon Cumin Curry Powder Ginger Nutmeg Paprika Pepper (black) Tumeric <p style="text-align: center;"><u>CONDIMENTS</u></p> <ul style="list-style-type: none"> Sea Salt Apple Cider Vinegar Balsamic Vinegar White Wine Vinegar
<p style="text-align: center;"><u>SALAD GREENS</u></p> <ul style="list-style-type: none"> Arugula Baby Spinach Green/Red Leaf Lettuce Mixed Greens Romaine 	<p style="text-align: center;"><u>DARK LEAFY GREENS</u></p> <ul style="list-style-type: none"> Broccoli Rabe Collard Greens Kale Mustard Greens Spinach Swiss Chard Watercress 	<p style="text-align: center;"><u>GRAINS/BREADS/PASTA</u></p> <ul style="list-style-type: none"> Brown Rice Buckwheat Bulgur Millet Quinoa Ezekiel Bread/Wraps/Pasta Brown Rice Pasta Quinoa Pasta
<p style="text-align: center;"><u>HEALTHY FATS</u></p> <ul style="list-style-type: none"> Avocado Coconut Oil Olive Oil Sesame Oil <p style="text-align: center;"><u>NUTS/SEEDS</u></p> <ul style="list-style-type: none"> Hemp seeds Almonds (6-8 only) <p style="text-align: center;">(throw on salad or for snack)</p>	<p style="text-align: center;"><u>ADDITIONALS ok's</u></p> <ul style="list-style-type: none"> Green Tea or Naturally Decaf Herbal Teas Stevia (all Natural Sweetener) Sushi with brown rice 	<p style="text-align: center;"><u>MAKING H2O FUN</u></p> <ul style="list-style-type: none"> Cucumber Ginger Lemon Lime Mint

II. NO Foods: Stay Away from and limit these foods during your first 30 Days & while working towards your goals!

Alcohol

Soda/Diet Soda/Sugary Drinks/Vitamin Water/Gatorade/Red Bull/Monsters

Cold Cuts

Processed or Frozen foods

Artificial Sweeteners (Splenda, Equal, Sweet & Low, Nutrasweet)

Salad Dressings with no Fat, low Fat or high in Sugar

NO Dairy

NO Fruit, except green apple (unless you reach your goal or on maintenance)

NO peas, carrots, corn (high in sugar)

NO pork or red meat

NO Coffee. The only coffee we recommend is Isagenix Coffee. It is designed to be less acidic to the body, it is pesticide free and tested for mycotoxins (a mold that grows on coffee beans which is not good for you!) Learn more here -> [Isagenix Coffee](#)

ENJOY YOUR FOOD, KNOWING THAT YOU ARE DOING YOUR BODY GOOD!

Make sure to check out these awesome Isagenix snacks below:

[Whey Thins](#) - savory and delicious protein-packed snacks in convenient, 100-calorie individual packs.

[Isalean Bars](#) - delicious meal replacements with perfectly balanced nutrition that are convenient and satisfy hunger.

[Fiber Snacks](#) - a tasty high fiber snack bar to compliment your system.

[Slim Cakes](#) - only 90 calories, 5 grams of filling fiber from whole oats, inulin and flaxseed and a delicious blend of berries, Slim Cakes are healthy and delicious snacks.

[Isagenix Greens](#) & [Fruits](#) are a powerful way to increase your greens, vegetable and fruit intake! Make sure you learn more about these two powerful additions to your system.