

Isagenix Shopping List: These are the basics. If you have any questions concerning foods, please contact your coach.

I. YES Foods to have:

Raw Almonds 6-8 only

Green Apples and berries

All vegetables except peas, carrots, and corn

Tomatoes, beets, beans, and legumes in moderation

A dressing that is low in carbs best if you use olive oil and vinegar or balsamic.

Chicken

Fish/Seafood

Sushi with Brown Rice

Tofu (only if you like it)

Eggs

Turkey (carver station style not deli style)

Brown rice

Quinoa

Sweet Potatoes and Yams

Pastas only: Quinoa Pasta and Ezekiel Pasta Only

Ezekiel bread, wraps and pasta (frozen section in Nature's Market at Wegman's or at Lori's)

Green Tea or Naturally Decaffeinated herbal teas

Water (can add cucumbers or lemon or lime)

Stevia (all natural sweetener)

II. NO Foods to stay away from during your first 30 days-

Use your own judgement and follow the program strictly for BEST results during your first 30 days

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 Cheese (of any kind)

No fruit, except green apples & berries

NO peas, carrots, and corn (high in sugar)

NO pork or red meat

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