

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

## **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 or berries

NO peas, carrots, corn (high in sugar)

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.

[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.