**Extended Isagenix Food Shopping List**

1. **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**

|  |  |  |
| --- | --- | --- |
| **VEGETABLES**  (All except peas, carrots, corn) 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 | **PROTEIN**  Hard boiled eggs  ***MEATS***  Chicken  Any beef or red meat  Any meat that’s not processed  ***FISH/SEAFOOD***  Flounder Salmon Scallop  Shrimp (grilled) Tilapia Tuna  ***LEGUMES***  Adzuki Beans Black Beans Garbanzo Beans Kidney Beans Lentils  Lima Beans Navy Beans Pinto Beans White Beans | ***HERBS***  Basil Chive  Dill Weed Marjoram Oregano  Peppermint/Spearmint Rosemary  Thyme  ***SPICES***  Cayenne Chili Powder Cinnamon Cumin  Curry Powder Ginger Nutmet Paprika  Pepper (black) Tumeric  ***CONDIMENTS***  Sea Salt Apple Cider Vinegar  Balsamic Vinegar White Wine Vinegar |
| \* Green Apple Ok |  |  |
| **SALAD GREENS** | **DARK LEAFY GREENS** | **GRAINS/BREADS/PASTA** |
| Arugula | Broccoli Rabe | Brown Rice |
| Baby Spinach | Collard Greens | Buckwheat |
| Green/Red Leaf Lettuce | Kale | Bulgur |
| Mixed Greens | Mustard Greens | Millet |
| Romaine | Spinach | Quinoa |
|  | Swiss Chard | Ezekiel Bread/Wraps/Pasta |
|  | Watercress | Brown Rice Pasta |
|  |  | Quinoa Pasta |
| **HEALTHY FATS**  Avocado Coconut Oil Olive Oil Sesame Oil | **ADDITIONALS ok’s**  Green Tea or Naturally Decaf Herbal Teas Stevia (all Natural Sweetener)  Sushi with brown rice | **MAKING H20 FUN**  Cucumber Ginger Lemon Lime  Mint |
| ***NUTS/SEEDS***  Hemp seeds Almonds (6-8 only)  (throw on salad or for snack) |  |  |

1. **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

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)

**Coffee option:** The only coffee we recommend is [Isagenix Coffee](https://www.isagenix.com/en-US/shop/targeted-health/isagenix-organic-coffee?pid=caddf0f3edd84211b2d8f23e92ca4580). 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!)

**Make sure to check out these awesome Isagenix snacks below:**

[**Whey Thins**](https://www.isagenix.com/en-US/shop/daily-nutrition/whey-thins?pid=99a8e44d74314ee7b70dbe7e7fc18c57) **-** savory and delicious protein-packed snacks in convenient, 100-calorie individual packs.

[**Isalean Bars**](https://www.isagenix.com/en-US/shop/daily-nutrition/isalean-bars?pid=3b43523eac474a4e987ce2a1126fc285) **-** delicious meal replacements with perfectly balanced nutrition that are convenient and satisfy hunger.

[**Fiber Snacks**](https://www.isagenix.com/en-us/shop/daily-nutrition/fiber-snacks?pid=ece1130c070247658a8e4afbc22487b8) **-** a tasty high fiber snack bar to compliment your system.

[**Snack Bites**](https://www.isagenix.com/en-us/shop/daily-nutrition/snack-bites?pid=c7117cf048744058a0f12f09a53b572d) **-** With 100-110 calories and 5 grams of protein, every day can be a snack day. Snack Bites are here for your busy mornings, fast days, gym days, and the days with only five minutes between each meeting.

[**Isagenix Greens**](https://www.isagenix.com/en-US/shop/daily-nutrition/greens?pid=11cd8643c69442498916fe43c17489b3)& [**Fruits**](https://www.isagenix.com/en-US/shop/daily-nutrition/fruits?pid=84e06d145b3a4f3ea25876f90746f186)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.