

IN10SITY SHOPPING LIST

Overview

This is all you need for the first 4 days (most of this will last way beyond), check the Nutrition Plan for the remaining 6 days as there are 100s of options to choose from so you will need to write a shopping list from your choices.

Any Vegetables Including

- Broccoli
- Cherry Tomatoes
- Cauliflower
- Carrots

Small Golden Delicious Apples

Large Banana

Small Honeydew Melon

Fage 0% Greek Yogurt

Cottage Cheese / Quark

Low Fat Hummus - optional

Pesto - optional

Wholemeal Wheat / Gluten free bread

Saltine Crackers (use low fat cream crackers if you can't find these)

Oats - With no added ingredients, gluten free work best

Tin of mixed beans

- Mexican mixed-haricot-pinto-chickpeas-red kidney beans
- NO baked beans!

Free Range Eggs

Chicken and/or Turkey

Fish: Salmon/Mackerel/Tuna (see options)

Green Tea - vanilla/lemon/mint are green tasting options

Unsweetened Oat/Rice/Coconut or Almond Milk

Herbs & Spices

Protein Powder: Go Nutrition (See Website Link)