

Suggested SHOPPING LIST for 21 Day Detox/Fat Burner Meal Plan

Week One	
Fruits	Vegetables
<ul style="list-style-type: none"> • Banana's 7 • Grapes • Apples 5 • Green Apple 2 • Pears 2 • 2 Cups Grapes 	<ul style="list-style-type: none"> • Carrots 16 cups • Spinach 4 cup • Onions 6 Cup • Bell Peppers 2 Cup • Asparagus 7 Cups • Green Beans 2 Cup • Green Peas 4 Cups • 5 Large Zucchini • Cucumber 6 Cup • Kale 4 Cups • Lemons 5 • Fresh Ginger • Celery Sticks 5 cups • Broccoli 10 Cups • Cauliflower 3 Cup • Parsley 2 Cup • Fresh Garlic • 2 tomatoes • Head Lettuce • ½ cup Alfalfa sprouts
Lean Proteins and Other Good Fats	Other
<ul style="list-style-type: none"> • Eggs Dozen • Avocado 5 • Shrimp 6 oz • Salmon 6 oz • Lean Veal 6 oz 	<ul style="list-style-type: none"> • Spices: • Olive Oil • Garlic Powder • Red Pepper Flakes • Pasta Sauce Low Sugar • Tomato Juice No salt • 2 Cup Water Chestnuts • Low Sodium Soy Sauce • Dijon Mustard

Week Two: will cover 8 days

Fruits	Vegetables
<ul style="list-style-type: none"> • Banana's 5 • Apples 2 • 2 Pear s • Grapes 2 cups 	<ul style="list-style-type: none"> • Carrots 4 cups • Spinach 8 cup • Onions 9 Cup • Bell Peppers 2 Cup • Asparagus 2 Cups • Green Peas 2 Cups • 11 Large Zucchini • Cucumber 8 Cup • Lemons 4 • Radish 2 Cup • Celery Sticks 2 cups (snacks) • Broccoli 4 Cups • Cauliflower 4 Cup • Parsley 2 Cup • Head Lettuce • 1 cup Alfalfa sprouts • 4 Cup Olives • 2 Cup Mushrooms (Portobello) • 2 Cup Grape Tomatoes • 2 Cup Brussel sprouts
Lean Proteins and Other Good Fats	Other
<ul style="list-style-type: none"> • Eggs 2 Dozen • Avocado 4 • Shrimp 18 oz • Salmon 16 oz • Canned Tuna 22 oz • Sliced Chicken 30 oz • Lean Ground Organic Turkey 6 oz • 2 White Fish Fillet 	<ul style="list-style-type: none"> • Spices: • Olive Oil extra virgin • Garlic Powder • Red Pepper Flakes • Pasta Sauce Low Sugar • Tomato Juice No salt • 2 Cup Water Chestnuts • Low Sodium Soy Sauce • Fresh Basil 1 cup • 2 Cup vegetable juice • 4 Scallion Stalks

Week Three: will cover 6 days

Fruits	Vegetables
<ul style="list-style-type: none">• Banana's 7• 2 Pears• 12 oz applesauce unsweetened	<ul style="list-style-type: none">• Carrots 4 cups• Spinach 4 cup• Onions 4 Cup• Green Pepper 2 Cup• Asparagus 2 Cups• Cucumber 6 Cup• Lemon 4• Celery Sticks 4 cups (snacks)• Broccoli 2 Cups• Cauliflower 2 Cup• 1 Parsley Cup• 4 tomatoes• Olives 4 Cup• 1 Cup Mushrooms (Portobello)• 2 Head of Cauliflower• 1 cup peeled egg plant
Lean Proteins and Other Good Fats	Other
<ul style="list-style-type: none">• Eggs Dozen• Avocado 3• Salmon 8 oz• Canned Tuna 12 oz• Chicken Breast 3 oz• 2 Cups Cole Fish Fillet	<ul style="list-style-type: none">• Spices:• Olive Oil• Red Pepper Flakes• Tomato Juice No salt• Low Sodium Soy Sauce• Cinnamon and Nutmeg• Fresh Salsa• Sesame Oil• 4 Scallion Stalks• Balsamic Vinegar• Capers

21 DAY

WEIGHT LOSS PLANS

It's not about eating less, it's about eating healthy

1. **Detox and Fat Burning Plan:** Lose 5 to 20 pounds in 3 weeks with the maximum benefit weight loss solution. You will go through a 7 day detox to help curb your appetite for sweet, salty and fatty foods while supporting your weight loss efforts.
2. **Fat Shredder Plan:** Shed fat and feel better emotionally and aim to lose 3-5 pounds per week with this swift effective program.
3. **Rapid Results Plan:** Break unhealthy habits and aim to Lose 2 to 3 pounds per week with this consistent protein packed weight loss/nutrition plan.
4. **Sure and Steady Plan:** A program for gradual changes to your lifestyle one day at time with a goal of losing 1 to 2 pounds a week.