

Jump Start Plan Menu—Day 1

Skinny5 Weight Loss Program



Strawberry Yogurt Smoothie



Salmon Garden Salad



Turkey Burger Strips w/Lettuce Buns



Low-cal Veggie Snacks, *list in guide*



Reduced-calorie Balsamic Dressing



Skillet Zucchini Rounds

Shopping List for Day 1 Menu

Daily menu shopping list is for 2 people or 2 servings of each recipe, except for dressing which is enough for all Jump Start salads for 1 week. Refer to the guide for a list of low calories vegetables for salad and snacking. See guide for \$ saving ideas.

Pantry—skip if you already made reduced-calorie Balsamic

- Dijon Mustard, *w/o added sugar like Maille brand*
- Balsamic Vinegar, *or any vinegar except white distilled*
- Extra Virgin Olive Oil

Pantry

- Onion Powder
- Mrs. Dash, *any or Kirkland Brand no-salt seasoning*
- Cooking Spray Oil, *propellant-free 100% oil, choose from avocado, coconut, or extra virgin olive oil*

Protein Powder

- 8T or 1/2C unflavored, *non-gelling type pure multi-collagen protein powder, if buying 16 oz. or 1lb. enough for 2 weeks*

Sweeteners

- Small bottle 100% **pure** Stevia liquid, *buy at local natural foods store or online, read your labels make sure it's pure Stevia. This will be enough for 2 weeks + of Jump Start recipes*

Canned—Jarred

- 3—2.5 oz. Pouches Wild-caught Salmon or 1/2 lb. fresh Wild-caught Salmon

Dairy

- 2C or 16 oz. plain non-fat yogurt, *note—Greek yogurt is too thick for smoothies*

- 8 oz. Reduced-fat Cheddar or 4 Mexican Cheese, block or bag shredded, *this is enough for 1 week of Jump Start recipes*

Meat—Seafood

- 1/2 lb. extra lean Ground Turkey, *if 1 lb. use 1/2 for day 4*

Fresh Fruits

- 1 Green Tip Banana, *ripe bananas are high carb + high sugar*
- 2 Lemons—*for balsamic dressing, skip if you already made*

Fresh Vegetables

- 1 large Carrot
- 2 medium Zucchini
- 2—5 oz. containers Salad Greens, *Organic Girl Super Greens is a favorite*

- 1 Head Butter of Bibb Lettuce, *as buns for burger strips*

- 3 Low-cal Veggies of choice, *for salad*

- Low-cal Veggies of choice, *for snacks*

Fresh Herbs—Spices

- 2 inch piece Ginger Root

- Garlic

Frozen Fruits

- 2—10 oz. bags Strawberries, about 4 cups

- Optional**—ingredients for 2 protein snacks and zero-calorie beverages, *see Jump Start guide for lists*