Jump Start Plan Menu—Day 11
Skinny5 Weight Loss Program

Antioxidant Yogurt Smoothie

Chicken Slaw

Tacos in Lettuce Cups

Low-cal Veggie Snacks, *list in guide*

2 Protein Snacks if you're still hungry

"Riced" Cauliflower Pilaf

Shopping List for Day 11 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 snacking. See guide for $ saving ideas.

Pantry
☐ All-natural Picante Sauce or Salsa w/o added oil or sugar
☐ Taco Seasoning—swt. or smoked paprika, onion powder, garlic powder, ground cumin, ancho chili pepper powder
☐ Unrefined Coconut Oil
☐ 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*

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 shredded, *enough for 1 week of Jump Start recipes*

Meat—Seafood
☐ 1/2 lb. 93% extra lean Ground Turkey
☐ 1/2 lb. boneless, skinless Chicken Breast, *about 1 large breast or 2 thin sliced breasts*

Fresh Fruits
☐ 1 Lime

☐ 1 Green Tip Banana, ripe *bananas too high in sugar and carbs*

Fresh Vegetables
☐ 1/2 Head Cabbage, *use other 1/2 for week 2 recipe*
☐ Carrots, *3 large to 5 medium*
☐ Celery, *1 to 2 stalks*
☐ Onion, *1/2 cup chopped*
☐ 2-3 bunches Baby Romaine, *or 1 head Bibb or Butter Lettuce*
☐ 1 head Cauliflower or 12 oz. pkg. frozen "riced" Cauliflower
☐ Low-cal Veggies of choice, *for snacks*

Fresh Herbs—Spices
☐ 2 inch piece Ginger Root
☐ Garlic

Frozen Fruits
☐ 2—10 oz. bags frozen Antioxidant Mix {contains cherries and pomegranate seeds} or use Mixed Berry Blend, about 4 cups
☐ **Optional**—ingredients for 2 protein snacks and zero-calorie beverages, *see Jump Start guide for lists*