

Jump Start Plan Menu—Day 12

Skinny5 Weight Loss Program



Mixed Berry Smoothie



Turkey Power Bowl



Pan-grilled White Fish



Low-cal Veggie Snacks, *list in guide*



Reduced-calorie Balsamic Dressing



Roasted Brussels Sprouts

Shopping List for Day 12 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

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
- Garlic 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*

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*

Dairy

- 2C or 16 oz. Plain Non-fat Yogurt, *note—Greek yogurt is too thick for smoothies*

Meat—Seafood

- 1/2 lb. thick sliced organic or all-natural deli turkey breast

- 1/2 lb. fresh or frozen white fish, *halibut, pollock, haddock, sea bass, swordfish, trout, etc.*

Fresh Fruits

- 3 Lemons—*or buy 1 if you already made reduced cal balsamic*
- 1 Lime
- 1 Green Tip Banana, *ripe bananas too high in sugar and carbs*

Fresh Vegetables

- 2—5 oz. containers Salad Greens of choice, *Organic Girl Super Greens is a favorite*
- 12 oz. bag fresh or frozen Brussels Sprouts
- Low-cal Veggies of choice, *3 or more for salad*
- Low-cal Veggies of choice, *for snacks*

Fresh Herbs—Spices

- 2 inch piece Ginger Root
- Garlic—*for reduced cal balsamic, skip if you already made*
- Optional—fresh {or dried} herbs for fish like dillweed, lemon zest, chili pepper, etc.

Frozen Fruits

- 2—10 oz. bags frozen Mixed Berry Blend, *about 4 cups*

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