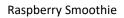
Jump Start Plan Menu—Day 13

Skinny5 Weight Loss Program







Chicken Egg Salad



Tacoless "Taco" Salad



Low-cal Veggie Snacks, list in guide

2 Protein Snacks, if you're still hungry



Fresh Arugula for "Taco" Salad

Shopping List for Day 13 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

- □ Extra Virgin Olive Oil
- □ Apple Cider Vinegar

□ Skinny5 Taco Seasoning: swt or smoked paprika, onion pwd, garlic pwd, ground cumin, Ancho chili pepper powder

□ 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

Condiments

□ Dijon Mustard, w/o added sugar like Maille brand

□ Picante Sauce or Salsa Fresca, *all-natural brand w/o added* sugar or oil

Dairy

- □ 4 extra large Eggs
- □ 7 oz. container Whole Milk Plain Greek Yogurt, about 1 cup
- □ 2C or 16 oz. Plain Non-fat Yogurt, note—Greek yogurt is too

thick for smoothies

8 oz. reduced-fat or 2% milk Cheddar or Mexican 4 Cheese, block or shredded, enough for 1 week of Jump Start recipes
Meat—Seafood
1/2 lb. boneless skinless Chicken Breast, about 1 large or 2 thin slice
1/2 lb. 93% extra lean Ground Turkey

Fresh Fruits

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

Fresh Vegetables

□ 1-2 stalks Celery

- □ Onion, 1/2 cup chopped
- □ 2—5 oz. containers Arugula or other salad greens of choice
- □ Optional—2 Bell Peppers or Cucumber or Zucchini, *to serve chicken salad on in place of bread*
- □ Low-cal Veggies of choice, *for snacks*

Fresh Herbs—Spices

2 inch piece Ginger Root

Frozen Fruits

- □ 2—10 oz. bags frozen Raspberries, about 4 cups
- □ **Optional**—ingredients for 2 protein snacks and zero-calorie
- beverages, see Jump Start guide for lists