

# Jump Start Plan Menu—Day 13

## Skinny5 Weight Loss Program



Raspberry Smoothie



Chicken Egg Salad



Tacoleless “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*