

# Jump Start Plan Menu—Day 3

## *Skinny5 Weight Loss Program*



Blueberry Yogurt Smoothie



Garden Salad with Shrimp



Chicken Kabobs



Low-cal Veggie Snacks, *list in guide*



Reduced-calorie Balsamic Dressing



Easy Steamed Spinach

## Shopping List for Day 3 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**

- Greek Seasoning—dried spearmint [*use mint tea bag, if you can't find*], onion powder, garlic powder, ground oregano
- 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. boneless, skinless Chicken Breast, *about 1 breast or 2*

### *thin sliced breasts*

- 1/2 lb. Wild-caught Shrimp

### **Fresh Fruits**

- 2 Lemons—*for reduced cal balsamic, skip if you already made*
- 1/2 Lime

### **Fresh Vegetables**

- 2-5 oz. containers Salad Greens, *Organic Girl Super Greens is a favorite*
- 2-5 oz. containers Baby Spinach Leaves
- 1 large Orange Bell Pepper, *or use green, yellow, red*
- 1 medium Zucchini
- 1 dry pint Cocktail Tomatoes OR 1 Onion, *if you don't like tomatoes*
- 3 or more Low-cal Veggies of choice, *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*

### **Frozen Fruits**

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