

Jump Start Plan Menu—Day 7

Skinny5 Weight Loss Program



Tropical Green Smoothie



Tuna Salad in Cucumber Cups



Chicken Vegetable Soup



Low-cal Veggie Snacks, *list in guide*



Reduced-calorie Balsamic Dressing



Garden Side Salads

Shopping List for Day 7 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—skip if you already made reduced-calorie Balsamic

- Balsamic Vinegar, *or any vinegar except white distilled*

Pantry

- Extra Virgin Olive Oil
- Apple Cider Vinegar
- 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*

Canned—Jarred

- 3—2.6 oz. pouches Albacore or Chunk Light Tuna in water
- 32 oz. container Chicken Broth, *choose a brand without added sugar or oil, like Field Day*

Dairy

- 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*

Meat—Seafood

- 1/2 lb. boneless skinless Chicken Breast, *about 1 large or 2 thin sliced*

Fresh Fruits

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

Fresh Vegetables

- 2 English or Regular Cucumbers
- Onion, 1/4 cup minced
- 2 Celery Stalks
- 2 large Carrots, about 1 cup sliced
- 1 large head Broccoli, about 2+ cups florets chopped
- 5 oz. container Baby Spinach
- 5 oz. container Salad Greens of choice
- Low-cal Veggies of choice, 4 or more for salad, *list in free guide*
- Low-cal Veggies of choice, *for snacks, list in free guide*

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 Tropical Fruit, *without strawberries best, about 4 cups*
- Optional**—ingredients for 2 protein snacks and zero-calorie