

# Jump Start Plan Menu—Day 9

## *Skinny5 Weight Loss Program*



Peach Yogurt Smoothie



Massaged Kale Salad



Chicken Fajitas Romaine “Tortillas”



Low-cal Veggie Snacks, *list in guide*



2 Protein Snacks, if you're still hungry



Roasted Cauliflower

## Shopping List for Day 9 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**

- Extra Virgin Olive Oil or Unrefined Avocado Oil
- Skinny5 Fajita Seasoning—sweet or smoked paprika, onion pwd, garlic pwd, ancho chili pepper pwd, ground cumin.
- 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*

### **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. one thick slice all-natural or organic deli turkey breast

### **Fresh Fruits**

- 1 Green Tip Banana, *ripe bananas are high carb + high sugar*
- 1 Lime, *half for this recipe, half for Day 3*
- 1 large Orange or Tangelo
- 2 Lemons—*for reduced cal balsamic, skip if you already have*

### **Fresh Vegetables**

- 2-5 oz. containers baby kale or 2 bunches
- 1 large Red Bell Pepper
- 1 head Cauliflower or 12 oz. bag frozen Cauliflower florets
- 1 Head Romaine Lettuce, *in place of “tortillas”*
- 3 Low-cal Veggies of choice, *for salad*
- Low-cal Veggies of choice, *for snacks*

### **Fresh Herbs—Spices**

- 2 inch piece Ginger Root
- Garlic

### **Frozen Fruits**

- 2—10 oz. bags frozen Peaches, about 4 cups

### **Frozen Vegetables**

- 12 oz. bag Tricolor or 3 Pepper & Onion blend or Birds Eye Pepper stir-fry [bell peppers and onions]

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

### **Sweetener for some Protein Snacks**

- 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*