

SHOPPING LIST AND MEALS

WHAT TO ORDER:

almond milk, black beans (2), pinto beans (1), kidney beans (1), quinoa, tortillas, 2 bunches kale, about 6 pears, clementines, lemons, 1 bunch of bananas, about 6 sweet potatoes, 1 yellow onion, 1 bunch fresh cilantro, avocado, ground turkey, chicken breasts, sweet paprika, chili powder, cayenne pepper, cumin, garlic, cashews, almonds, almond or sunflower butter, flax seeds, sesame seeds, coconut nectar, oat flour

SNACKS

hot lemon water

almonds, cashews

clementines, pears, bananas

EXERCISE



CLOSER TO YOUR GOAL



BREAKFAST

- Sweet Potato Pancakes
- Pear and Walnut Overnight Oats

LUNCH

- Pear Kale Smoothie
- Kale and Quinoa Salad (chicken optional)
- (Sweet Potato chili leftovers from dinner)

DINNER

- Sweet Potato/Turkey Chili
- Black Bean Sweet Potato Tostadas (chicken optional)

WATER

