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Approved Food Shopping List

Kale Collard greens Spinach Brussels sprouts Broccoli Asparagus Beets Tomatoes Squash String Beans Peppers Carrots Cauliflower Onions	Artichoke Eggplant Eggplant Okra Kumara Snow Peas Cabbage Cucumbers Celery Lettuce Mushrooms Radishes Sprouts	Sweet Potato Yams Quinoa Beans Lentils Edamame Pinto Refried beans Brown Rice Wild Rice Potato Corn on the Cob Amaranth Millet Buckwheat Barley	Bulgur Steel Cut Oats Rolled Oats Pasta (wgt) Couscous Crackers (wgt) Cereal (wgt) Bread (wgt) Pita Bread (wgt) Waffles (wgt) Pancakes (wgt) English muffin (wgt) Bagel (wgt) Tortilla (wgt) Corn Tortilla
Raspberries Blueberries Blackberries Strawberries Watermelon Cantaloupe Orange Tangerine Apple Apricots Grapefruit Cherries Tomato sauce	Kiwifruit Mango Peach Nectarine Pear Pineapple Banana Papaya Figs Honeydew Salad Grapes	Avocado Almonds Peanuts Pistachios Pecans Walnuts Hummus Parmesan	Coconut Milk Feta Cheese Goat Cheese Mozzarella Cheddar Provolone Monterey Jack
Shenology Protein Powder Chicken Breast Turkey Breast Ground Chicken Ground Turkey Wild Fish Eggs, 2 large Egg Whites, 8 large Greek Yogurt, plain Yogurt, plain Cottage Cheese Lean Ground Beef	Lean Red Meat Clams Tempter Tofu Pork Loins Tuna Turkey Slices Ham Slices Ricotta Cheese Shredded Veggie Burger Turkey Bacon Sardines	Extra Virgin Olive Oil Pumpkin Seed Oil Nut Butters Flaxseed Oil	Coconut Oil Walnut Oil Seed Butters
Pumpkin Seeds Sunflower Seeds Sesame Seeds Flaxseed	Olive Peanuts Coconut	Water Vinegars Ginger Herbs Lemon & Lime Juice	Spices Garlic Mustard Flavor Extracts
Notes: W/G = Whole Grain Use Salt Free, Fat Free, Reduced Fat Try to avoid the inner isles in the supermarket. Have FUN!!!! www.21DayChangers.com			



21 Day Diet tracker

Calorie target	Container						
	veggies	fruits	proteins	carbs	fat/cheese	seeds/oils	teaspoons
Day:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Day:							
Meal 1							
Meal 2							
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Day:							
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Meal 6							

Calorie Target:

Containers

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
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Meal 4							
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DAY:							
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Total							
Water							

Feuille de pointage

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