

# *New Year New Body Project ~ Week 1*

## *Vegetables:*

- 4 cloves garlic
- Celery
- 3 onion
- 2 red onions
- Asparagus
- 2 Cups Broccoli Florets
- 2 Red peppers
- 1 green pepper
- 1 Zucchini
- 2 Summer squash (yellow)
- 1 3lb spaghetti squash
- 1 Sweet Potato
- 2 Tomatoes and extra for salads
- Carrots
- 1 Parsnip
- 1 head of fresh Romaine Lettuce (for wraps)
- 2 bags Organic Spinach (I buy the large clear plastic container at Shaw's or BJ's \$5)
- Lettuce** – for 5-6 salads (I prefer arugula/spinach/mixed greens, anything EXCEPT Iceberg lettuce (organic large clear plastic container at Shaw's or BJ's)
- Veggies** you want for your 6 salads (organic as much as possible: Tomatoes, mushrooms, peppers, cucumber, onion, carrots, broccoli, cauliflower, etc.)

## *Fruit:* (Organic as much as possible)

- 3 bananas only for smoothies if desired (Don't need to be organic)
- ¼ cup grapes
- 3 apples (2 Green)
- 2 pear
- 2-3 lemons (or lemon juice)
- Blueberries (I buy Wyman's frozen at BJ's)
- 2 Haas Avocado
- Grapes
- For smoothies, your choice of frozen: strawberries, blueberries, mango, pineapple, papaya, orange (4-5 cups of frozen fruit worth TOTAL)

## *Meat:*

- 4 oz. slice of thick organic turkey (I get in-house roasted from Whole Foods or Shaw's no salt added)
- 8 oz Boneless Chicken Breast
- 4 oz Cooked chicken for salad
- 1 lb 93% lean ground turkey meat (Whole foods, BJ'S or Jennie O)
- 6 oz cooked chicken-apple sausage links
- 1 lb 93% lean ground beef or turkey for meatballs or 8 oz of each
- 12 oz Applegate Breakfast Chicken Sausage

## *Fish & Seafood:*

- 2 (5 oz) cans tuna fish (packed in water)
- 1 (5oz.) Filets of Tilapia or other white fish

## *Eggs & Dairy:*

- 2 dz eggs (organic, free range, & hormone/antibiotic free if possible)
- 1/3 cup Parmesan Cheese for Spaghetti Squash
- 1 cup shredded cheese of choice

## *Nuts & Seeds:*

- For Trail Mix #1:** ½ cup ground flax seeds, 1 cup raw pumpkin seeds, 1 cup raw sunflower seeds, 3 cups shredded unsweetened coconut, 4 cups raw slivered almonds, ½ cup unsweetened dried cherries OR Raisins (**choose ONLY mix #1 or #2, not both**)
- For Trail Mix #2:** 1/2 cup raw walnuts, 1/2 cup almonds, 1/2 cup pecans, 1/2 cup raw pumpkin seeds, 1/2 cup sunflower seeds, 1/4 cup chopped dried apricots, 1/4 cup dried cranberries (sweetened with apple juice), 1/4 cup dried unsweetened blueberries, 1/4 cup dried golden raisins
- 3/4 cup of Almonds
- Chia Seeds (for smoothies and detox soup) 5 oz
- ½ cup Hemp Seeds (for dressing)
- 1 cup walnuts

## *Miscellaneous:*

- Almond Butter (100% almonds) or All Natural Peanut Butter (Teddie or Smucker's)
- Ak-Mak Crackers
- Extra Virgin Olive Oil
- Aged Balsamic vinegar – (no high fructose corn syrup)
- Apple Cider Vinegar
- (Optional) Bottle of white wine
- Barley (located where the dried lentils are)
- Bulgar (grain)
- Pure Organic Maple Syrup (BJ's has the best price and it lasts a long time in the refrigerator)
- Nutritional Yeast
- 1 lb Dried lentils
- Organic Reduced Sodium Chicken broth 4 cups (32 oz)
- Reduced Sodium Vegetable broth
- Dijon mustard (no high fructose corn syrup)
- 5 Minute Oats
- Honey Mustard (organic if possible)
- 1 Jar of Tomato Sauce or Homemade (try Mario Batali Marinara)
- 6 14.5 oz can diced fire roasted tomatoes
- Hummus

(Optional) – for Smoothies: Coconut milk OR almond milk and ground flax seed or Chia seeds.

*Spices:*

- Pink Himalayan Sea Salt (from Pakistan)
- Freshly Ground Pepper
- Dried Onion Powder
- Garlic Powder
- Thyme
- Basil
- Dried Italian Seasoning

- Dried Parsley
- Cumin
- Cayenne **or** Red Pepper Flakes
- Oregano

*Tea & Coffee (only after Wed this week):*

- (Optional) Green tea or other teas. (Tea bags ONLY & organic if possible)
- (Optional) Coffee (use coconut milk or almond milk ONLY as creamer.) NO sweetener allowed.

*Supplements:*

- Daily Women's Multi Vitamin (I take BJ Centrum alternative)
- Vitamin D
- Fish Oil
- Protein Powder (I use "Raw Protein" by Fit For Life or Whey Protein by Jarrows but anything without Soy and has 5 ingredients or less is fine.)
- Protein Bars (either RX Bars or Lara or you can make one of the homemade bars:
  - **Homemade Option #1:** You'll need 1.25 cups slivered almonds, 1 cup pecans, 1/3 cup ground flax meal, 7 large Medjool dates, 1/3 cup dried unsweetened cherries, 1/3 cup dried apricots
  - **Homemade Option #2:** You'll need 1/2 cup slivered almonds, 1/2 cup chopped pecans, 1/2 cup dried cranberries or blueberries, 1/4 cup unsweetened coconut