



Health, hope and a quality future!  
Grocery shopping guide

## **WHAT FOOD SHOULD I HAVE IN MY HOME ON A REGULAR BASIS TO MAKE OPTIMAL CHOICES FOR MY HEALTH AND WELLNESS?**

Looking and feeling healthy is created by a lifestyle you design for yourself to achieve your well being. It is an active process of becoming aware of and making choices ...

**Organic if you can** - Our world is becoming more and more tainted with dangerous chemicals. In an attempt to increase production and capture bigger market shares, the use of fertilizers, pesticides, food additives; such as dyes and preservatives has become so prevalent that "artificial ingredients" are now outnumbering "natural ingredients" on many food content labels. It is the opinion of many experts that this ever-increasing use of artificial fertilizers, pesticides, and chemical additives has a direct correlation to the ominous rise in cancer rates and other health problems.

Organic foods are rapidly becoming recognized as a logical alternative in this chemical-laden world. The focus on environmentally-sound agricultural methods and "sustainable" agriculture is getting the attention of many who are now concerned about what they're eating as well as the environment. Organic food is a reliable and safe alternative to the issues regarding conventionally grown, processed, and packaged foods.

### **Recommended Portion size at each sitting is in parentheses - \*\* is unlimited.**

Dry roasted nuts like Almonds, walnuts, hazelnuts ect. (2oz – about 24 almonds)

Skinless, boneless chicken breast (3 to 4 oz for women and 4 to 6 for men, palm size, 1 inch thick)

Lean meats in whole form, not ground/Fat trimmed. (3 - 4oz for women & 4-6oz for men. Palm size, 1 inch thick)

Fish that swim like Halibut and Salmon ect. (3 to 4 oz for women and 4 to 6 for men, palm size, one inch thick)

Tuna canned in water (1 can)

Advocare Meal Replacement Shakes for breakfast most days. (do not add anything but water and ice)

Advocare Bars for fast complete snacks or meals on the go. (larger men may need 2 if under 150 cal.)

Lentils – any type of natural beans or legumes. (1 cup to 2 cups prepared)

Oatmeal – Old Fashioned Rolled oats with no added sugars or flavors. Oat Bran. (½ cup dry)

Splenda, sucralose or Stevia to sweeten. Green tea.



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**MORE OPTIMAL CHOICES FOR MY HEALTH AND WELLNESS!**

Fresh or frozen Fruits and Vegetables (not canned) :recommend you have with protein.

- Avocado (1/4 to 1/2)
- Yams/sweet potatoes (1/2 your fist)
- Broccoli (\*\*)
- Green beans (\*\*)
- Asparagus (\*\*)
- Spinach (\*\*)
- Tomatoes (\*\*)
- Cucumber (\*\*)
- Carrots (1 lrg or 1 cup mini's)
- Corn (1 cup or 1 ear)
- Edamame – soybeans (1/2 to up to 2 cups)
- Peas (up to 2 cups)
- Lettuce and other leafy greens (\*\*)

All berries (up to 2 cups)

- Apples (1)
- Bananas (1)
- Cantelope/honeydew (1 cup)
- Pinnapple (1 cup)
- Oranges 1
- Grapes (1 cup)
- Mango/kiwi and other tropicals (1 cup)

Olive oil, Expeller pressed vegetable oils, sesame oil. (1tbsp.) All types of vinegars.

Braggs soy protein – to replace soy sauce. (drops)

Deli Chicken and Turkey that is not processed, “added” to, or “pressed/ formed together. (3-6oz)

Brown rice and whole wheat or brown rice pasta (1/2 cup prepared)

An array of fresh and/or bottled herbs and spices for seasoning (\*\*)

Fresh Mint, Lemons/limes and 100% cranberry juice for flavoring water. (\*\*)

Egg starters – egg whites (1 to 4 eggs depending on protein needs)

Mustard, relish, pickles, low fat mayo (1tablespoon)

Zero calorie butter spray

Whole grain bread, rice or rye crackers. (1 slice, 5 crackers)

Advocare Muscle gain Vanilla for adding protein to just about anything (1 to 3 scoops)

Advocare Multivitamin and minerals Coreplex, antioxidant plus, omega plex, probiotic and other personalized supplements for your goals.

Advocare Spark and Rehydrate (1 to 4 servings)

Soy milk (1 cup)



**WHAT FOOD SHOULD I NOT HAVE IN MY HOME ON A REGULAR BASIS. WE DIDN'T WRITE NEVER...WE WROTE "NOT ON A REGULAR BASIS".**  
**Wellness in an on-going lifestyle which requires taking responsibility & making healthy choices.**

Palm, palm kernel or sunflower oils

Nothing ever with Hydrogenated oils – Fractioned is fine, that is totally different

Never anything with High fructose corn syrup

Butter

Margarine

Mayonnaise

Table Sugar

Anything fried

Fruit juices

Cereal!!!

Dairy – On occasion dairy is fine but not a staple – part skim mozzarella cheese is best.

Bottom feeder seafood like lobster and shrimp – this is my weakness!!

Nothing with bleached, unbleached or enriched flours....always whole grain. No Chip, donuts, pastries, crackers.

POP!

Alcohol- get when you are having a social gathering not for regular use.

White sauces