

Clean, Burn and Shape 10-Day Shopping List



Be sure to follow the Clean Burn Shape Guide explicitly, no substitutions! That is how people are getting their great results. Spices are OK, but watch the sugar content in combination spices (i.e. garlic pepper) If you are grilling or stir-frying your veggies, only 1 T (tablespoon) of healthy oil (i.e. extra virgin olive oil) daily is allowed.

Vegetables:

- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Lettuce (all varieties)
- Mushrooms
- Onion
- Peppers (all varieties)
- Snap Beans
- Spinach Greens
- Tomatoes
- Zucchini



Fruits:

- Apples
- Bing Cherries (3/4 Cup)
- Blackberries (1/2 Cup)
- Blueberries (1/2 cup)
- Grapefruit (1/2 Cup)
- Raspberries (1/2 Cup)
- Strawberries (1/2 Cup)
- Oranges
- Peaches
- Pears



Legumes:

- Legumes:
- Beans (black, northern, red, garbanzo etc)
- Peas
- Lentils
- Peanuts (1/4 Cup)

Additional Items:

- Unsweetened Almond Milk
- Stevia drops/ packets
- Apple cider vinegar
- Balsamic vinegar (low in sugar)

Avoid:

- All Soft Drinks (Diet Included)
- Bananas
- Potatoes & Sweet Potatoes
- Rice, Pasta, Oatmeal and Grains