

BEAUTY AND THE BEAST NOW | P2 SHOPPING LIST

Meat & Fish: (Organic/grass fed)

- Albacore Tuna (water)
- Beef – Filet Mignon / Hamburger
- Chicken breast (boneless, skinless)
- Crab
- Eggs
- Flounder
- Halibut
- Lobster
- Scallops
- Sea bass
- Shrimp
- Sole
- Veal
- White Fish

Vegetables (Organic)

- Asparagus
- Beet greens
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumbers
- Fennel
- Greens of any kind
- Lettuces of any kind
- Mushrooms
- Onions (white, yellow, red)
- Red radishes
- Tomatoes
- Salsa (no sugar)
- Spinach
- Zucchini

Fruit (Organic suggested):

- Apple
- Apricots
- Blueberries

- Grapefruit
- Strawberries
- Orange

Seasonings (Organic)

- Lemon
- White or Black Pepper
- Sea salt – Himalayan best
- Garlic
- Hot Sauces (check ingredients)
- Basil
- Parsley
- Thyme
- Tomato Paste
- Marjoram
- Raw Apple Cider Vinegar
- Other organic herbs – fresh or dried
- Coconut Oil – organic, cold pressed

Beverages:

- Coffee
- Green tea (stimulates cell cleansing, increases metabolism, helps regulate hunger)
- Wu Long tea, a green tea (melts away fat)
- Yerba Mate tea (increases energy, reduces appetite and stimulates releasing of fat cells)
- Other tea
- Water
- Mineral water / Bubble water

Dairy

- Whole organic Milk (1/4 cup organic per daily)
- Fage Greek yogurt 0% Plain

Other:

- Grissini
- Kavali crackers

Sweetener:

- Stevia (Sweet Leaf best)