

FLAT BELLY DIET Shopping List

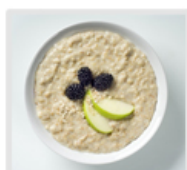
Shopping for your 1 Week of Flat Belly meals is easy with this printable list! We made every effort to add variety to the meal plans, but you don't have to purchase every food. Just check off the items for the meals you like best, and add amounts needed in the space provided.

BREAD



- ☐ DARK RYE CRISPBREADS _____
- ☐ MULTIGRAIN PITAS _____
- ☐ RYE CRACKERS _____
- ☐ SESAME-SPROUTED WHOLE GRAIN BREAD (FROZEN) _____

BREAKFAST FOODS



- ☐ INSTANT OATMEAL _____
- ☐ WHOLE GRAIN PUFFED CEREAL _____

DAIRY



- ☐ EGG WHITES _____
- ☐ FAT-FREE OR SOY MILK _____
- ☐ FAT-FREE VANILLA YOGURT _____
- ☐ ITALIAN FOUR-CHEESE BLEND _____
- ☐ LOW-FAT STRING CHEESE _____
- ☐ NONFAT RICOTTA CHEESE _____

GRAINS & PASTA



- ☐ WHOLE WHEAT PENNE _____
- ☐ WILD RICE _____

MEAT/FISH



- ☐ ALASKAN SALMON (CANNED) _____
- ☐ CHICKEN BREAST _____
- ☐ CHUNK LIGHT TUNA (WATERPACKED) _____
- ☐ TURKEY SLICES _____
- ☐ WILD ALASKAN SALMON _____

NUTS & SEEDS



- ☐ ALMONDS, PECANS, PINE NUTS, SUNFLOWER SEEDS, OR WALNUTS _____
- ☐ PEANUT OR CASHEW BUTTER _____

OLIVES



- ☐ BLACK OLIVE TAPENADE _____
- ☐ LARGE BLACK OLIVES _____

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PRODUCE



- ☐ APPLES (MEDIUM) _____
- ☐ AVOCADO _____
- ☐ BABY CARROTS _____
- ☐ BABY SPINACH _____
- ☐ BANANAS _____
- ☐ BLUEBERRIES _____
- ☐ FRESH BASIL LEAVES _____
- ☐ GARLIC, ONION, AND RED ONION _____
- ☐ GRAPE TOMATOES _____
- ☐ GREEN BEANS _____
- ☐ SCALLIONS _____
- ☐ STRAWBERRIES (FROZEN) _____
- ☐ SUN-DRIED TOMATOES _____
- ☐ SWEET CORN KERNELS (FROZEN) _____
- ☐ PINEAPPLE IN JUICE (CANNED) _____
- ☐ RAISINS _____

SAUCES & SPREADS



- ☐ HUMMUS _____
- ☐ MARINARA SAUCE _____
- ☐ PESTO SAUCE _____
- ☐ SALSA _____

SWEETS



- ☐ SEMI-SWEET CHOCOLATE CHIPS _____

VEGETARIAN PROTEIN



- ☐ LIGHTLIFE® SMART DELI PEPPERONI _____
- ☐ REFRIED BEANS (SUCH AS AMY'S® ORGANIC REFRIED BEANS WITH GREEN CHILES) _____
- ☐ VEGGIE BURGERS _____

STAPLES TO HAVE ON HAND



- ☐ APPLE PIE SPICE _____
- ☐ BALSAMIC VINEGAR _____
- ☐ CRACKED BLACK PEPPER _____
- ☐ DIJON MUSTARD _____
- ☐ EXTRA VIRGIN OLIVE OIL _____
- ☐ MARINADE (SUCH AS CHINA BLUE SCALLION GINGER GLAZE) _____
- ☐ SALT-FREE ITALIAN SEASONING _____