

Isagenix Shopping List: These are the basics. If you have any questions concerning foods, please contact your coach.

I. YES Foods to have:

Raw Almonds

Organic apples

All vegetables except peas carrots and corn (celery should be organic)

Tomatoes, beets, lentils, in moderation

A dressing that is low in carbs best if you use olive oil and vinegar or balsamic.

Chicken

Fish/Seafood

Sushi with Brown Rice

Tofu (only if you like it)

Organic Egglands Best

Turkey (carver station style not deli style)

Brown rice

Quinoa

Organic Sweet Potato

Pastas only: Quinoa Pasta and Ezekiel Pasta Only

Ezekiel bread, wraps and pasta

Green Tea or Naturally Decaffeinated herbal teas

Purified water

(You can add lemon or lime)

Stevia (all natural sweetener)

II.... Foods to stay away from during your first 30 days

Soda/Diet Soda/Sugary Drinks/Vitamin Water/Gatorade/Red Bull/Monsters

Cold cuts

Processed or frozen foods

Artificial sweeteners (Splenda, equal, sweet & low, etc)

Salad dressings

NO dairy

No fruit, except organic apple or pear (until you reach your goal or on maintenance)

NO peas, carrots, corn (high in sugar)

NO pork or red meat

NO coffee

ENJOY YOUR FOOD, KNOWING THAT YOU ARE DOING YOUR BODY GOOD

