



OPTAVIA™

Basic Shopping List...

HERE ARE SOME IDEAS FOR A BASIC SHOPPING LIST TO GET STARTED...

Based on what we keep on hand

- We like to make our own green mix
 - Romaine Lettuce
 - Spring Mix
 - Baby Kale
 - Spinach
- Cucumbers
- Radishes
- Tomatoes
- Mushrooms
- Avocado
- Celery
- Check the Green List for other Veggies you would like

- Chicken Breast
- Tilapia
- Morning Star Farms Veggie Sausage Patties
- Lean Ground Turkey
- Shrimp
- Scallops
- Check the Lean List for other protein options you would like

- Salad Dressing (Newman's Own Lite has good options)
- Olive Oil Cooking spray
- Egg Beaters - we use a generic
- Check the Condiment List for items you would like

- You are allowed One Healthy Snack each Day in addition to your Fuelings and your Lean & Green (See your OPTAVIA GUIDE for amounts)
 - Sugar Free Jello
 - Sugar Free Popscicles
 - Dill Pickles
 - Almonds/Walnuts