

7 DAY TRANSFORMATION

SHOPPING LIST

BEVERAGES

- Unsweetened Tea
- Alkaline Water
- Sparkling Water
- Unsweetened Almond or Coconut Milk
- Red Wine (optional)

DAIRY

- 3 containers Liquid Egg Whites
- 1 pkg. String Cheese
- 1 pkg. Buffalo Mozzarella (sliced or beads)
- 1 large container Plain Greek Yogurt
- 1 pkg. Non-fat Cheddar Cheese Slices
- 1 pkg. Non-fat Monterey Jack Cheese Slices
- 1 pkg. Non-fat Cheddar Cheese Shredded
- 1 container Non-fat Cottage Cheese

MEAT

- 1 pkg. Turkey or Veggie Burger Patties
- 1 pound Deli Turkey (low Sodium)
- 1 can Albacore Tuna (packed in water)
- 6 Chicken Breasts
- 1 Wild-caught Halibut Filet
- 1 Wild-caught Ono Filet
- 1 Wild-caught Salmon Filet
- 1 Wild-caught Sea-Bass Filet

BREADS, GRAINS & NUTS

- 1 container Uncooked Oatmeal
- 1 pkg. Shaved Almonds
- 1 pkg. Wheat or Spinach Tortillas
- 1 pkg. Whole Wheat
or Gluten Free Taco-size Tortillas
- 1 jar Natural Peanut Butter (low or no salt)
- 1 pkg. Whole Wheat Thomas English Muffins
- 1 pkg. Wheat or Gluten-Free Pasta

BREADS, GRAINS & NUTS

- 1 pkg. Whole Walnuts (snack size)
- 1 pkg. Whole Almonds (snack size)
- 1 pkg. Ground Flaxseed
- 1 pkg. Whole Wheat crackers
- 1 pkg. Whole Grain Bread
- 1 pkg. Whole Wheat Pitas
- Wild Rice

BEANS

- 1 can Black Beans (unsalted)

FRUITS

- 2 containers Blueberries
- 1 container Raspberries or Blackberries
- 1 bag Grapes
- 3 Apples
- 1 pkg Dried Cranberries
- 1 pkg Raw organic Pumpkin seeds
- 1 container Strawberries

VEGETABLES

- 3 Large Sandwich Tomatoes
- 1 container Roma Tomatoes
- 2 Red Onion
- 3 heads Romaine Lettuce
- 2 Avocado
- Fresh Basil
- 1 stalk Celery
- 2 Zucchini
- 3 heads Broccoli

VEGETABLES

- 1 head Cauliflower
- 2 Bell Pepper
- 2 Red Bell Pepper
- Asparagus
- 1 bag Baby Spinach
- 1 Ortega Chili Pepper

CONDIMENTS

- 1 bottle Honey
- Ketchup
- Mustard (Dijon, Honey or Regular)
- BBQ Sauce
- Chipotle Sauce
- Hot Sauce
- Fat-free Mayo
- 1 bottle Balsamic Vinegar
- Sea Salt
- Pepper
- Cayenne Pepper
- Garlic (Minced or Chopped)
- 1 bottle Extra Virgin Olive Oil
- Lemon Juice
- 1 bottle Light Italian Dressing

OTHER

- Hummus



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