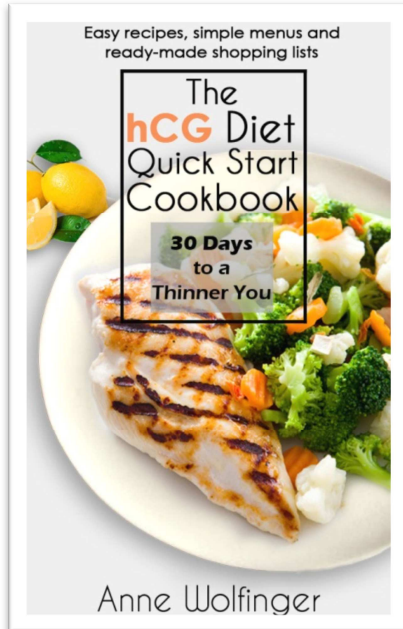


Bonus Menus and Shopping Lists

Other Books by Anne Wolfinger

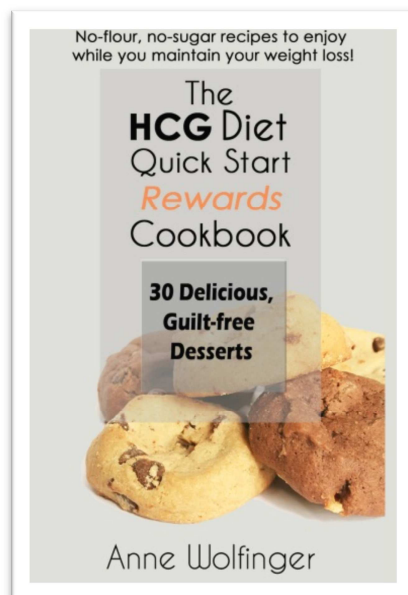


The HCG Diet Quick Start Cookbook: 30 Days to a Thinner You!

Available from Amazon in [Kindle](#) and [paperback](#)

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The HCG Diet Quick Start Rewards Cookbook: 30 Delicious, Guilt-free Desserts!

Available from Amazon in [Kindle](#) and [paperback](#)

Week A: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Roast Beef "Sandwich" with Mustard wrapped in leaf lettuce

Apple

Dinner

**Chipotle Chicken Chili

Breadstick/Melba Toast

Snack

Orange,
Breadstick/ Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

Shrimp Salad

1/2 Grapefruit

Breadstick or Melba Toast

Dinner

**Hungry Man Meatballs

Sliced Tomato

Snack

Apple

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Chipotle Chicken Chili

Breadstick/Melba Toast

Strawberries

Dinner

Grilled Marinated Steak

Lettuce Salad

Breadstick/ Melba Toast

Snack

Orange

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Hungry Man Meatballs

Cucumber spears

Dinner

**Quick Broiled Tilapia

Florentine

Breadstick/Melba Toast

Strawberries

Snack

Apple

Thursday

Breakfast

Coffee, tea, or water

Lunch

**Chipotle Chicken Chili

Breadstick/ Melba Toast

Orange

Dinner

**Hungry Man Meatballs

Asparagus, steamed

Snack

Strawberries

Friday

Breakfast

Coffee, tea, or water

Lunch

**Quick Broiled Tilapia

Florentine

Breadstick/ Melba Toast

Orange

Dinner

Grilled Steak or Veal Chop

Grilled Onion Halves

Breadstick/ Melba Toast

Snack

Strawberries

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Chipotle Chicken Chili

Breadstick/ Melba Toast

Apple

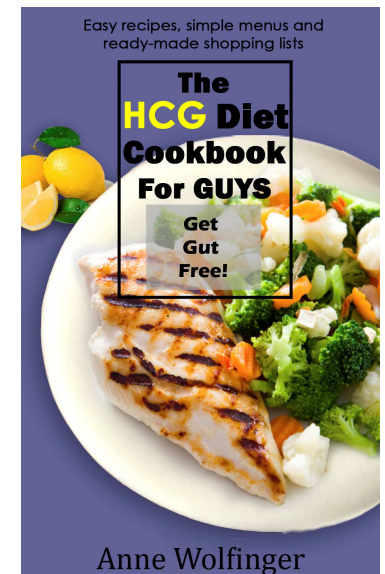
Dinner

**Hungry Man Meatballs

**Lettuce Salad

Snack

1/2 Grapefruit



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Week B: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Spinach/Egg Salad (3 c. spinach and 1 hard boiled egg + 3 egg whites)

Breadstick/Melba Toast

Strawberries (10 medium)

Dinner

**Spicy Chicken Fajitas
Breadstick/Melba Toast

Snack

Apple

Monday

Breakfast

Coffee, tea, or water

Lunch

Grilled Shrimp Salad (4 oz. grilled shrimp over 2 c. lettuce greens)

Orange

Breadstick/Melba Toast

Dinner

**Quick Beef Stir Fry

Snack

1/2 grapefruit

Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Spicy Chicken Fajitas
Breadstick/Melba Toast
Strawberries (10 medium)

Dinner

Grilled Veal Chop or Burger (4 oz.)

Medium Tomato, sliced
Breadstick/Melba Toast

Snack

Apple

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Quick Beef Stir Fry
Breadstick/Melba Toast

Dinner

**Garlic Shrimp Scampi
Lettuce Salad (2 c.)

Apple

Snack

Strawberries (10 medium)
Breadstick/ Melba Toast

Thursday

Breakfast

Coffee, tea, or water

Lunch

**Spicy Chicken Fajitas
Breadstick/Melba Toast
1/2 Grapefruit

Dinner

**Quick Beef Stir Fry
Breadstick/Melba Toast

Snack

Strawberries (10 medium)

Friday

Breakfast

Coffee, tea, or water

Lunch

**Garlic Shrimp Scampi
Breadstick/Melba Toast
1/2 Grapefruit

Dinner

Grilled Beef Burger (4 oz.)
Grilled Asparagus
Breadstick/Melba Toast

Snack

Apple

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Spicy Chicken Fajitas
Breadstick/Melba Toast
Strawberries (10 medium)

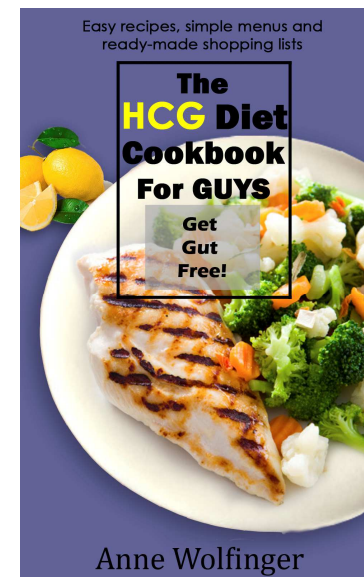
Dinner

**Quick Beef Stir Fry

Snack

1/2 Grapefruit

Breadstick/Melba Toast



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Week C: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Roast Beef Salad

Apple

Dinner

**Three Alarm Buffalo Tenders

Celery sticks

Snack

Orange

Breadstick/Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

Shrimp "Rolls"

Apple

Dinner

**Quick Chili Con Carne

Breadstick/Melba Toast

Snack

1/2 grapefruit

Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Three Alarm Buffalo Tenders

Lettuce salad

Orange

Dinner

Scrambled Eggs (1 large whole egg and 3 egg whites)

Medium tomato, broiled
Breadstick/Melba Toast

Snack

Apple

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Quick Chili Con Carne

Breadstick/Melba Toast

Dinner

**Baked Orange Thyme

Tilapia

Sliced cucumber

Apple

Snack

1/2 grapefruit

Breadstick/Melba Toast

Thursday

Breakfast

Coffee, tea, or water

Lunch

**Three Alarm Buffalo Tenders

Celery Sticks

Apple

Dinner

**Quick Chili Con Carne

Breadstick/Melba Toast

Snack

Strawberries (10 medium)

Friday

Breakfast

Coffee, tea, or water

Lunch

**Baked Orange Thyme Tilapia

Spinach Salad

Dinner

Grilled Marinated Steak

Red Radishes

Breadstick/Melba Toast

Snack

1/2 Grapefruit

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Three Alarm Buffalo Tenders

Cucumber spears

Strawberries (10 medium)

Dinner

**Quick Chili Con Carne

Breadstick/Melba Toast

Snack

Apple



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Week D: Phase II VLCD

** = recipes

Sunday

Breakfast

Coffee, tea, or water

Lunch

Spinach and Egg Salad
Breadstick/Melba toast
Strawberries

Dinner

** Easy Chicken Cacciatore
Breadstick/Melba Toast

Snack

Apple

Monday

Breakfast

Coffee, tea, or water

Lunch

Shrimp salad
Orange
Breadstick/Melba Toast

Dinner

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast

Snack

Apple

Tuesday

Breakfast

Coffee, tea, or water

Lunch

** Easy Chicken Cacciatore
Orange

Dinner

Omelet (1 large whole egg and
3 egg whites)
Asparagus, steamed
Breadstick/Melba Toast

Snack

Strawberries
Breadstick/Melba Toast

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast

Dinner

Broiled Fish Fillet (tilapia or
halibut)
**Tangy Apple Slaw

Snack

Orange
Breadstick/ Melba Toast

Thursday

Breakfast

Coffee, tea, or water

Lunch

** Easy Chicken Cacciatore
Breadstick/Melba Toast
1/2 Grapefruit

Dinner

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast

Snack

Orange

Friday

Breakfast

Coffee, tea, or water

Lunch

Broiled Fish Fillet (tilapia or
halibut)
**Tangy Apple Slaw

Dinner

Grilled Marinated Steak (4 oz.)
Lettuce Salad
Breadstick/Melba Toast

Snack

Strawberries
1/2 Grapefruit

Saturday

Breakfast

Coffee, tea, or water

Lunch

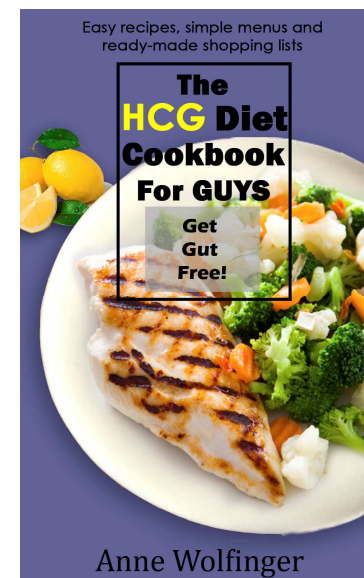
** Easy Chicken Cacciatore
Breadstick/Melba Toast

Dinner

**Hearty Beef and Spinach
Meatloaf
Breadstick/Melba Toast
Strawberries

Snack

Apple



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Week A: Phase II VLCD

Protein

- 1 lb. ground chicken
- 1 lb. lean ground beef (95%)
- 4 oz. lean beef steak or veal chop
- 4 oz. deli cooked and sliced roast beef
- 4 oz. cooked shrimp
- 8 oz. tilapia fillets, fresh or frozen

Vegetables

- 8 oz. asparagus
- 5 medium tomatoes
- Lettuce greens (6 cups)
- Raw baby spinach, regular or baby (6 cups)
- 1 medium cucumber

Fruit

- Lemons (at least 1)
- 1 medium grapefruit
- 2 x 16 oz. boxes fresh strawberries
- 4 medium apples
- 4 medium oranges



Week B: Phase II VLCD

Protein

- 1 lb. lean beef steak, such as tenderloin
- 1 lb. boneless, skinless chicken breasts
- 4 oz veal chop or ground veal
- 4 oz. lean ground beef (95%)
- 4 large eggs
- 4 oz raw shrimp
- 4 oz. cooked shrimp

Vegetables

- 8 oz. asparagus
- 1 medium tomato
- Lettuce greens (6 cups)
- Raw spinach, regular or baby (3 cups)
- 1 large Napa cabbage

Fruit

- 1 medium orange
- Lemons (at least 3)
- 2 medium grapefruit
- 2 x 16 oz. boxes fresh strawberries
- 4 medium apples



Week C: Phase II VLCD

Protein

- 1 lb. chicken tenders
- 4 oz. deli sliced lean roast beef
- 4 oz. lean beef steak, tenderloin or sirloin
- 4 oz. lean ground beef (95%)
- 4 oz. cooked shrimp
- 8 oz. tilapia
- 4 large eggs

Vegetables

- 5 medium tomatoes
- Lettuce greens and leaves (6 cups)
- Raw baby spinach (3 cups)
- 1 large head celery
- 2 medium cucumbers
- Red radishes (2 cups)

Fruit

- 4 medium oranges
- Lemons (at least 2)
- 2 medium grapefruit
- One 16 oz. box fresh strawberries
- 5 medium apples



Week D: Phase II VLCD

Protein

- 1 lb. boneless, skinless chicken breasts
- 4 oz. lean beef steak, tenderloin or sirloin
- 1 lb. lean ground beef (95%)
- 4 oz. cooked shrimp
- 8 oz. fish fillets (tilapia or halibut)
- 8 large eggs

Vegetables

- 4 medium tomatoes
- Lettuce greens and leaves (to equal 4 cups)
- Raw baby spinach (to equal 11 cups)
- Shredded white cabbage (4 cups)
- 8 oz. asparagus spears, fresh or frozen

Fruit

- 4 medium oranges
- Lemons (at least 1)
- 1 medium grapefruit
- 2 x 16 oz. box fresh strawberries
- 5 medium apples

Week E: Phase III Maintenance

** = recipes

Sunday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey sausage links
Orange
Coffee or tea

Snack

Sugar-free yogurt, 2 plums

Lunch

Chicken Caesar Salad (no croutons)
Vegetable Juice

Snack

**Guacamole
Red and green bell pepper strips

Dinner

Grilled sirloin steak
Grilled vegetables
Lettuce wedge with light dressing

Snack/Dessert

**Apple Crumb Pie

Monday

Breakfast

Two egg spinach/cheese omelet
2 apricots
Coffee or tea

Snack

Sugar-free yogurt, pear

Lunch

Grilled turkey burger
Sliced tomato and sautéed onion
Spinach salad with light dressing

Snack

Sugar-free protein shake

Dinner

**Quick and Easy Chicken Stew
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Guacamole
Cucumber and carrot chips

Tuesday

Breakfast

Poached eggs with turkey sausage
Fruit salad
Coffee or tea

Snack

Sugar-free protein shake

Lunch

Jumbo cooked shrimp with lemon
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt

Dinner

**Hearty Beef Stroganoff
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

**Apple Crumb Pie

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt, peach or nectarine

Lunch

**Quick and Easy Chicken Stew
Spinach with light dressing

Snack

Apricot halves with cottage cheese

Dinner

Grilled salmon fillet
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

**Apple Crumb Pie with glass of Almond or soymilk

Thursday

Breakfast

Two eggs scrambled
Cottage cheese
Orange
Coffee or tea

Snack

Sugar-free yogurt, 1c. strawberries

Lunch

Chef's salad: lettuce, roast beef, Swiss cheese, tomato, carrot, cucumber and light dressing

Snack

Sugar-free protein shake

Dinner

**Hearty Beef Stroganoff
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

**Guacamole
Celery sticks

Friday

Breakfast

Poached eggs with turkey sausage
½ grapefruit, Coffee or tea

Snack

Plain yogurt with
Sliced banana and walnuts

Lunch

Turkey breast slices in lettuce wraps
Light honey mustard dressing
Vegetable juice

Snack

Swiss cheese wedge, Pear

Dinner

**Quick and Easy Chicken Stew
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Coconut Macaroons with glass of Almond or Soymilk

Saturday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey sausage links
Orange
Coffee or tea

Snack

Sugar-free protein shake

Lunch

Turkey burger with **Guacamole
Sliced tomato and lettuce
Green or red grapes

Snack

Orange
Almond or soymilk

Dinner

**Hearty Beef Stroganoff
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

Sugar-free yogurt, apple



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Week F: Phase III Maintenance

** = recipes

Sunday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt, 2 plums

Lunch

Chicken Caesar Salad (with croutons and cheese)
Vegetable Juice

Snack

Hummus
Red and green bell pepper strips

Dinner

**Super Shrimp Gumbo
Broccoli florets, steamed
Lettuce wedge with light dressing

Snack/Dessert

**Nutty Orange Scones

Monday

Breakfast

Two egg spinach/cheese omelet
2 apricots
Coffee or tea

Snack

Sugar-free yogurt, pear

Lunch

Grilled turkey burger
Sliced tomato and sautéed onion
Spinach salad with light dressing

Snack

Sugar-free protein shake

Dinner

**Super Juice Roast Lemon Chicken
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

Hummus
Cucumber and carrot chips

Tuesday

Breakfast

Poached eggs with turkey bacon
Fruit salad
Coffee or tea

Snack

Sugar-free protein shake

Lunch

**Super Shrimp Gumbo
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt

Dinner

**Pork Chops with Apples and Kraut
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

**Nutty Orange Scones

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt, peach or nectarine

Lunch

**Super Juicy Roast Lemon Chicken
Spinach with light dressing

Snack

Apricot halves with cottage cheese

Dinner

**Super Shrimp Gumbo
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

**Nutty Orange scones
Almond or soymilk

Thursday

Breakfast

Two eggs scrambled
Cottage cheese
Orange
Coffee or tea

Snack

Sugar-free yogurt, 1c. strawberries

Lunch

Chef's salad: lettuce, roast beef, Swiss cheese, tomato, carrot, cucumber and light dressing

Snack

Sugar-free protein shake

Dinner

**Pork Chops with Apple and Kraut
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

Hummus
Celery sticks

Friday

Breakfast

Poached eggs with turkey bacon
½ grapefruit, Coffee or tea

Snack

Plain yogurt with
Sliced banana and walnuts

Lunch

Turkey breast slices in lettuce wraps
Light honey mustard dressing
Vegetable juice

Snack

Swiss cheese wedge, Pear

Dinner

**Super Juicy Roast Lemon Chicken
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Nutty Orange Scones
Almond or Soymilk

Saturday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free protein shake

Lunch

Turkey burger with
Sliced tomato and lettuce
Green or red grapes

Snack

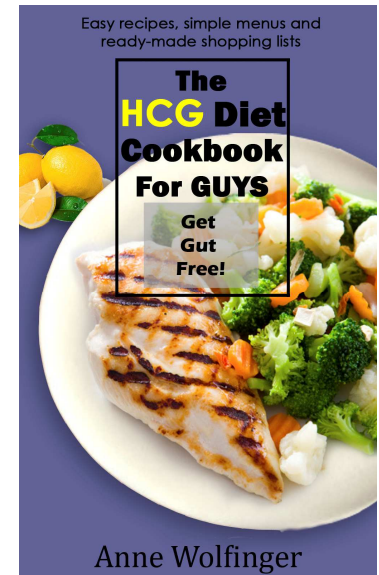
Orange
Almond or soymilk

Dinner

**Pork Chops with Apple and Kraut
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

Sugar-free yogurt, apple



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Week G: Phase III Maintenance

** = recipes

Sunday

Breakfast

Two eggs + 2 egg whites, scrambled with cheese
Regular bacon
Orange, Coffee or tea

Snack

Sugar-free yogurt, Apple

Lunch

Large Chef's Salad (with croutons)
Vegetable Juice

Snack

Hummus
Breadstick/Melba Toast

Dinner

**Turkey Picadillo
Broccoli Florets, steamed
Lettuce wedge with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Monday

Breakfast

Two egg spinach/cheese omelet
Regular bacon
2 apricots, Coffee or tea

Snack

Sugar-free yogurt, Pear

Lunch

Grilled hamburger
Sliced tomato and sautéed onion
Spinach salad with light dressing
Breadstick/Melba Toast

Snack

Sugar-free protein shake

Dinner

**Parma Style Veal Marinara
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

Hummus
Breadstick/Melba Toast

Tuesday

Breakfast

Poached eggs with Canadian bacon
Breadstick/Melba Toast
Fruit salad, Coffee or tea

Snack

Sugar-free protein shake

Lunch

**Turkey Picadillo
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt, Apple

Dinner

**Teriyaki Beef with Snow Peas
Brown Rice
Lettuce salad with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
Breadstick/Melba Toast
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt, Peach or Nectarine

Lunch

**Parma Style Veal Marinara
Spinach with light dressing

Snack

Apricot halves with cottage cheese

Dinner

**Turkey Picadillo
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Thursday

Breakfast

Two eggs scrambled, Cheese
Regular bacon,
Orange, Coffee or tea

Snack

Sugar-free yogurt, Strawberries

Lunch

Chef's salad: lettuce, roast beef, Swiss cheese, tomato, carrot, cucumber and light dressing

Snack

Sugar-free protein shake

Dinner

**Teriyaki Beef with Snow Peas
Brown Rice
Lettuce salad with light dressing

Snack/Dessert

Hummus
Celery sticks

Friday

Breakfast

Poached eggs with Canadian bacon
Breadstick/Melba Toast
½ grapefruit, Coffee or tea

Snack

Plain yogurt with
Sliced banana and walnuts

Lunch

Roast beef in lettuce wraps
Light dressing
Vegetable juice

Snack

Swiss cheese wedge, Pear

Dinner

**Parma Style Veal Marinara
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

**Mocha Almond Slurpee

Saturday

Breakfast

Two eggs + 2 egg whites, scrambled with cheese, Regular bacon
Orange, Coffee or tea

Snack

Sugar-free protein shake

Lunch

Grilled hamburger with reduced sugar ketchup
Sliced tomato and lettuce
Green or red grapes
Breadstick/Melba Toast

Snack

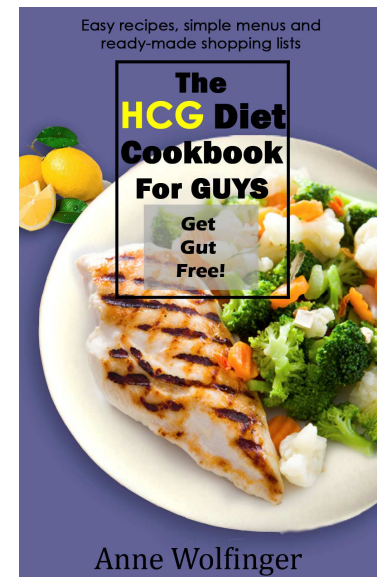
Orange, Almond or soymilk

Dinner

**Teriyaki Beef with Snow Peas
Brown Rice
Cucumber salad with light dressing

Snack/Dessert

Sugar-free yogurt, apple



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Week E: Phase III Maintenance

Protein

- 1 x 4oz. sirloin steak
- 1 lb. beef round steak
- 2 split chicken breasts
- 1 lb. boneless, skinless chicken breasts
- 8 oz. ground turkey
- 8 oz. salmon fillet
- 1 dozen large eggs
- Turkey bacon
- Turkey breakfast sausage

Dairy

- 1 pt. lowfat cottage cheese
- 3 oz. Swiss cheese
- 4 oz. mozzarella cheese
- Unsweetened almond milk or soymilk
- 1 pt. plain yogurt
- 3 small sugar-free yogurts
- Unsalted butter

Other

- Almond flour
- Unsweetened shredded coconut

Vegetables

- 2 medium tomatoes
- Grape tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 4 cups)
- 3 medium yellow onions
- 1 small red onion
- 10 oz. white mushrooms
- Medium cucumber
- Broccoli florets
- Shredded carrots
- Celery sticks
- 2 medium red bell peppers
- 1 lb. asparagus, fresh or frozen
- 1 lb. green beans, fresh or frozen
- Fresh basil, dill, and cilantro

Fruit

- 5 medium oranges
- Lemons (at least 1)
- 1 grapefruit
- 1 cup fresh pineapple
- 2 Granny Smith apples
- 4 eating apples
- Small box prunes
- Medium can apricot halves, no-added-sugar
- Small unsweetened applesauce



Week F: Phase III Maintenance

Protein

- 8 oz. beef sirloin or tenderloin steak
- 1 lb. ground beef or veal
- 4 chicken leg quarters
- 1 lb. boneless, skinless chicken breasts
- 1 lb. thin loin or rib pork chops
- 1 dozen large eggs
- Turkey bacon
- Turkey breakfast sausage
- 8 oz. deli sliced turkey breast

Dairy

- 1 pt. lowfat cottage cheese
- 3 oz. cheddar cheese
- Unsweetened almond milk, soymilk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- 1 medium tomato
- Lettuce greens (to equal 10 cups)
- Raw spinach, regular or baby (to equal 8 cups)
- 3 medium yellow onions
- 1 medium avocado
- 1 bunch scallions
- 1 ½ lb. broccoli
- Small bag whole carrots
- Celery sticks
- 1 medium red bell pepper
- 2 large green bell peppers
- 4 oz. snow peas
- 1 lb. green beans, fresh or frozen
- Fresh rosemary and parsley
- 1 x 15 oz. can sauerkraut

Fruit

- 5 medium oranges
- Lemons (at least 2)
- 1 lime
- 2 grapefruit
- 1 ½ cup fresh pineapple
- 1 large peach
- 2 Granny Smith apples
- 4 eating apples
- Small can apricot halves, no-added-sugar



Week G: Phase III Maintenance

Protein

- 4oz. sirloin steak
- 1 lb. beef round steak
- 1 lb. boneless, skinless chicken breasts
- 4 oz. ground turkey
- 4 oz. salmon fillet
- 4 oz. jumbo cooked shrimp
- 2 dozen large eggs
- Turkey breakfast sausage
- 4 oz. deli roast beef
- 4 oz. deli turkey breast

Dairy

- 1 cup low fat cottage cheese
- 2 oz. Swiss cheese
- 2 oz. cheddar cheese
- Unsweetened almond milk or soymilk
- 1 cup plain yogurt
- 4 small sugar-free yogurts
- Unsalted butter

Other

- Almond flour
- Sugar-free protein powder or shakes

Vegetables

- 2 medium avocados
- 4 medium tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 4 cups)
- 3 medium yellow onions
- 10 oz. white mushrooms
- 3 medium cucumbers
- Broccoli florets
- Carrots
- Celery sticks
- 2 medium red bell peppers
- Veggies for grilling (such as zucchini, asparagus...)
- 1 lb. green beans, fresh or frozen

Fruit

- 13 medium oranges
- Lemons (at least 1)
- 1 Lime
- Strawberries (small box)
- Green or red grapes (small bunch)
- 1 banana
- 2 plums
- 1 peach or nectarine
- 2 pears
- 1 grapefruit
- 4 Granny Smith apples
- 1 eating apple
- Medium can apricot halves, no-added-sugar
- Small unsweetened applesauce