

Isagenix Shopping List: These are the basics. If you have any questions concerning foods, please contact your coach. If you include other things you may see slower results

I. YES Foods to have:

Raw Almonds 6-8 only
Green Apples
All vegetables except peas carrots and corn
ORGANIC green leafy vegies for your salads are awesome
Tomatoes, beets, beans, and legumes 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)
Eggs
Turkey (carver station style not deli style)
Brown rice
Quinoa
Sweet Potatoes and Yams
Spaghetti Squash for pasta
Natural Grains only: Quinoa and Ezekiel Pasta Only
Ezekiel bread, wraps and pasta (frozen section in Nature's Market at whole food stores are great)
Green Tea or Naturally Decaffeinated herbal teas
Water (can add cucumbers or lemon or lime) Stevia (all natural sweetner)

II. NO Foods to stay away from during your first 30 days

Alcohol
Soda/Diet Soda/Sugary Drinks/Vitamin Water/Gatorade/Red Bull/Monsters Cold cuts
Processed or frozen foods
Artificial sweetners (Splenda, equal, sweet & low, nutrasweet)
Salad dressings with no fat, low fat, or high in sugar
Little to NO dairy (most is highly processed)
No other fruit servings, except green apple (until you reach your goal or on maintenance)
NO peas, carrots, and corn (high in sugar)
NO pork or red meat
NO coffee. This is a cleanse and unless you want to use coffee for an enema, it stays on the shelf.

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

