



 **Homemade Method™**

SHOPPING LIST FOR THE 7-DAY WEIGHT LOSS WITHOUT DIETING CHALLENGE

FOR WOMEN OVER 50

GET YOUR INGREDIENTS

SHOPPING LIST:

Fruits & Veggies

4 Bananas
1 Mango
2½ cups Raspberries
1 Lime
½ Avocado
7 Roma tomatoes
¼ cup Zucchini
1 Cauliflower
1 Celery stalk
½ cup Mushrooms
¾ Red pepper
8 cups Spinach
3½ cup Kale
8 Basil leaves
6 Tbsp Cilantro, fresh
2 Tbsp red Onion, minced
1 Green chili
4 clove Garlic
1 Tbsp fresh Ginger
4 Green onions

Dairy & Protein:

2 3/8 cups Greek yogurt
¼ cup shredded Cheese of choice
2 Tbsp Cheddar cheese
3 Tbsp Mozzarella cheese
3 Eggs
2 Chicken breasts (1 + 6oz)
8 slices Turkey bacon
2 Salmon filets

Grains & Canned Things

1 can Black beans
2 cup Brown rice, cooked
1 cup Passata or tomato sauce
1 Tbsp Tomato paste
1 cup whole rolled Oats
2 Whole wheat burger buns

Other

6 Tbsp Almonds, chopped
4 Tbsp Walnuts
2 Tbsp Chia seeds
7 Tbsp Flaxseeds, ground
4 Dates
2 Tbsp Almond butter
2 2/3 Tbsp Peanut butter
1 Tbsp Flour
1 tsp Corn starch
2/3 cup Almond flour
2 ½ Tbsp Cacao powder
1 oz dark Chocolate
1 ½ tsp Apple cider vinegar
5 Tbsp + 1 tsp Coconut oil
2 Tbsp Soy sauce
1 ½ Tbsp Maple syrup
2 Tbsp Mayonnaise
2 cups Chicken stock
¾ tsp Chili flakes
¾ tsp Chili powder
¼ tsp Cumin
2 tsp Garlic powder
½ Tbsp ground Ginger
½ tsp dried Oregano