

Body-for-LIFE Shopping List - Couple

General

3 Servings Cereal
 1 1/2 c. Oatmeal
 2 Wheat Pancakes
 4 Cans Tuna
 3 1/3 c. Brown Rice
 1 c. White Rice
 1/4 c. Raisins
 17.5 Gallons Water
 20 Rice Cakes
 1/3 c. Pork-n-beans
 1 Can Refried Beans
 Salsa
 2 Slices Bread
 3 Tortillas
 Pasta (wheat preferred)
 2 Servings Spagetti sauce
 Jar is fine, low- or no-fat. Avoid cheese and meat varieties

"Free Meal"

Produce

Apple
 Banana
 5 Servings Broccoli
 6 Servings Carrot Sticks
 5 Servings Celery Sticks
 6 Servings Cucumber Slices
 8 Svgs Salads w/nonfat drsg
 3 Medium Potatoes
 3 Small Potatoes

Meats

4 4 oz. Chicken Breast
 5 5-6 oz. Chicken Breast
 2 4 oz. Fish (not salmon)
 4 oz. Salmon
 6 oz. Salmon
 4 oz. Sliced Turkey
 14-16 Shrimp
 6 Shrimp for Stir Fry
 5-6 oz. Lean Steak
 4 oz. Lean Steak (Round or 93% lean)

Dairy

1 3/4 c. Cottage Cheese
 Low Fat Cheese (for burrito)
 8 Servings Fat Free Yogurt
 6 Servings Egg Whites

Find a great source for egg whites at:

www.StartTodayFitness.com/Egg-Whites/61

Supplements

14 Servings Myoplex Deluxe
 14 Servings Myoplex Lite
 35 Servings Betagen
 26 Servings EFA
 42 Servings Thermo DynamX
 3 Servings Protein (w/ oatmeal)
 17 Servings Protein (w/ water)

More information on

all EAS products can be found at:

www.StartTodayFitness.com/EAS-Supplements/