

Body-for-LIFE Shopping List - Female

General

- 1 Can Tuna
- 1 1/4 c. Brown Rice
- 1/4 c. White Rice
- 7 Gallons Water
- 8 Rice Cakes
- 1/4 c. Raisins
- Tortilla
- Refried Beans
- Salsa
- 1 serving Pasta
- 1 Serving Spagetti sauce
Jar is fine, low- or no-fat. Avoid cheese and meat varieties
- 2 Slices Bread

"Free Meal"

Produce

- Apple
- Banana
- 3 Small Potatoes
- 4 Svgs Salad w/ nonfat drsg
- 3 Svgs Broccoli
- 3 Svgs Carrot Sticks
- 3 Svgs Celery Sticks
- 3 Svgs Cucumber Slices

Meats

- 4 4 oz. Chicken Breasts
- 4 oz. Fish (not salmon)
- 4 oz. Salmon
- 4 oz. Turkey Sandwich
- 4 oz. Lean Steak
- 8-10 Shrimp
- Shrimp Stir Fry

Dairy

- 1 c. Cottage Cheese
- Lowfat Cheese (for burrito)

Supplements

- 14 Servings Betagen
- 13 Servings CLA
- 14 Servings Myoplex Lite
- 21 Servings Thermo DynamX
- 10 Servings Precision Protein

More information on

all EAS products can be found at:

www.StartTodayFitness.com/EAS-Supplements/