

P2 SHOPPING LIST

Meat & Fish: Organic grass fed suggested

Beef
Veal
Chicken breast (boneless, skinless)
Sea bass
Flounder
Sole
Halibut
Fresh White Fish
Lobster
Crab
Shrimp

Vegetables (Organic suggested):

Spinach
Chard
Beet greens
Lettuces of any kind
Tomatoes
Celery
Fennel
White, yellow, or red onions
Red radishes
Cucumbers
Asparagus
Cabbage

Fruit (Organic suggested):

Apple
Grapefruit
Strawberries
Orange

Seasonings (Organic suggested):

Lemon (*juice of one daily*)
White or Black Pepper
Sea salt
Garlic
Basil
Parsley
Thyme
Marjoram
Raw Organic Apple Cider Vinegar
Other herbs or organic herb

Beverages:

Green tea (stimulates cell cleansing, increases metabolism, helps regulate hunger)

Wu Long tea, a green tea (melts away fat)

Yerba Mate tea (increases energy, reduces appetite and stimulates releasing of fat cells)

Chamomile tea

Water

Milk (One tablespoon daily)

Other:

Melba Toast

Grissini