



independent distributor

Ignite Approved Foods List

TIP FOR SUCCESS: PREPARE!

Go to the grocery store!!! Being prepared with the proper foods will set you up for success

Protein

- Turkey
- Elk
- Liver
- Eggs
- Grouper
- Lobster
- Oysters
- Salmon
- Sea Bass
- Swordfish
- Tuna
- Orange Roughy
- Natural Peanut Butter (2T)
- Natural Almond Butter (2T)
- Chicken
- Venison
- Tofu
- Flounder
- Herring
- Mahi Mahi
- Red Snapper
- Sardine
- Shrimp
- Tilapia
- Trout

Vegetables

- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Endive
- Kale
- Onion
- Spinach
- Snow Peas
- Broccoli
- Cabbage
- Celery
- Green Beans
- Lettuce (Romaine)
- Scallion
- Squash

Grains & Beans

- Barley
- Brown Rice (organic)
- Cut Oats (Steel Cut)
- Rye
- Black Beans
- Lentils
- Navy Beans
- Buckwheat
- Cous Cous
- Quinoa
- Adzuki
- Kidney Beans
- Lima Beans
- Pinto Beans

Dairy (no cow dairy)

- Almond Milk
- Rice Milk
- Goat Milk

Oils

- Coconut
- Sesame
- Olive
- Sunflower

Drinks

- Water
- Green Tea
- Xypstix
- Spryng

Seasonings

- Garlic
- Herbs & Spices (fresh & dried)
- Pepper (Cayenne, Black)
- Sea Salt (in moderation)

Sweeteners (in moderation)

- Stevia
- Truvia

Nuts & Seeds

- Almonds
- Peanuts (raw only)
- Sunflower Seeds
- Walnuts,
- Pumpkin Seeds

Other

- Vinegars (Balsamic, Rice Wine, Red/White Wine, Apple Cider)

SAMPLE SHOPPING LIST (based on sample ignite meal plan)

	Protein	Women	Men
Eggs.....	8 medium	12-16 medium
Chicken Breast	4	6-8
Turkey Breast	1	1
Salmon (based on 6 oz portions).....	2	2-3
Tilapia (based on 6 oz portions).....	1	1
Shrimp.....	1/4 lb.....	1/2 lb.
Tuna	1-2 pouches	2-3 pouches
Natural Nut Butter.....	1 jar	1 jar
	Vegetables	Women	Men
Bell Pepper	2 medium	2 medium
Snow Peas	1/2 lb.....	1/4 lb.
Broccoli	1 head	1 head
Cauliflower.....	1 head	1 head
Green Beans	1/2 lb.....	1/2 lb.
Spinach.....	1 bag	1 bag
Brussels Sprouts.....	1/4 lb.....	1/4 lb.
Kale.....	1 bag	1 bag
Romaine	1 head	1 head
Cabbage	1 head	1 head
Celery	1 bunch	1 bunch
	Grains	Women	Men
Brown Rice	1 box/bag	1 box/bag
Black Beans.....	1 can.....	1 can
Cous Cous.....	1 box/container	1 box/container

Tips

- Take advantage of your store's rotisserie chicken and turkey — many stores allow you to purchase just the breast meat.
- Frozen seafood and vegetables go from freezer to table very quickly — allowing for easy meal prep.
- Plan to cook your meat twice during the Ignite (right before you start and the evening before day 5) so it's in the fridge and easy to go when you need it.
- Use non-fat cooking spray when you cook your meats and veggies on the stove or try grilling them.
- Use different herb and spice mixtures to keep your protein choices from getting boring.