

FIT BODY BOOT CAMP CHALLENGE

FIT BODY BOOT CAMP

3569 Atl Hwy
Athens, Ga 30606
678.863.7305
www.AthensFBBC.com
AthensFBBC@gmail.com

Schedule

Mon - Fri

5am, 545am, 745am, 830am, 930am
345pm, 430pm, 545pm, 630pm (no 630p on Fri evenings)

Sat

830am and 915am

*Complimentary Childcare available for all sessions except for 5am, 545am, and 745am

Points of Contact

OCPS - Elizabeth Albergotti
CFES - Linsday Bates
HSE - Claire Eggleston
OCES - Kelli Elder
OCMS - Christina Thrower
OCHS - Faith Hoyt
Dove Creek - Laura Goulder, Julie McCullers, and Crystal Melton
MBES - Stephanie Hancock
RBES - Jolaine Whitehead
MBMS - Erica Rudell
NOHS - Jodie Anderson

Special Oconee County Saturday Sessions

Times to be determined

March 7th:

March 14th

March 28th

Private Facebook Group

Oconee County Fit Body Challenge 2020

<https://www.facebook.com/groups/833581350447458/>

Your resrouces are available for download at
www.AthensFBBC.com/schoolchallenge

Dear teachers and staff,

I am beyond excited to bring this brand new 6 week program to all of you! I absolutely love our schools and everyone involved. You are making a difference in the young lives that you see and serve everyday! You often put in early morning and the late nights. You frequently sacrifice time spent on yourself and with your family for the purpose of making a difference in the lives of the kids you work with. It does not go unnoticed! This is one of the reasons I am so eager to come to the schools and help all of you. I want to help you. I want you to spend time taking care of yourself! Your health should be a top priority. When you feel great, your impact on your family and those around you will dramatically improve! My goal is to create new healthy habits to set you up for a lifetime of success!

We have completely changed our approach to new clients who join us for the first time. We are simplifying the process to introduce and maintain healthy habits. We focus on one habit at a time. I have taken that approach, with a few modifications, and created this 6 week challenge. We will begin with two habits to focus on. Each week we will add one to two more habits. As you slowly add these habits in, you will be amazed at how well you are able to stick to them! Thank you again for this amazing opportunity! I look forward to serving you!

Dedicated to YOUR success!

Joey Stewart and the entire Fit Body Boot Camp staff

Focus on one week at a time!

Don't try to overhaul your life overnight. Instead, focus on making one small change at a time. Overtime, the small changes will add up to one BIG transformation!

WEEK 1

You are allowed to have one free meal a week.

Habits

1: Workout at least 3x's a week

This can be done at home, at the park, at your current gym, or at Fit Body

What constitutes as a workout?

-atleast 20 minutes of exercise.

- Walking will count as long as it is at least 1 mile, 20 squats, 20 lunges, and 20 chest pushes (chest pushes are traditional push ups, push ups on knees, inclined push ups, or wall presses.

The goal is to push yourself, do the best you can, and push harder the next time. You want to increase difficulty, intensity, and/or distance as you progress.

Nutrition Habits

1: Eat at least 6 servings of vegetables a day.

You can get your list of approved vegetables from the food list and you can also use Journey Juice.

One juice is equal to 6 servings!!

WEEK 2

You will continue week 1 habits and add the following.

Habits

2: Drink 1/2 your bodyweight in oz a day

Nutrition Habits

2: Limit dairy to 3 servings a day.

- Protein shake will count as 1

WEEK 3

Habits

3: Eat 4-6 meals a day

-Use meal planning guide, and food list to make your meals.

Nutrition Habits

3. No grains from breads or pastas

WEEK 4

Habits

4. Get at least 6 hours of sleep

Nutrition Habits

4. Protein at every meal

5. No processed sugar

WEEK 5

Habits

Nothing new

Nutrition Habits

6. No alcohol

WEEK 6

***You may do the 3 day or 5 day juice cleanse instead**

Habits

Nothing new

Nutrition Habits

7. No caffeine

FIT BODY BOOT CAMP

WEEK 1

*Put your measurements and weight in the app.

Habits

Nutrition habits

Habit 1: Workout at least 3 times this week

Habit 1: Eat 6 servings of vegetables a day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies	25 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies	26 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies	27 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies	28 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies	29 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies	1 <input type="checkbox"/> Workout <input type="checkbox"/> Veggies <input type="checkbox"/> Plan & Prep

“WHETHER YOU THINK YOU CAN, OR YOU THINK
YOU CAN’T, YOU’RE RIGHT” – Henry Ford

Write your name below the line, cut off, and turn in to your point of contact by Monday, March 2nd!

By turning this in I am stating that I worked out at least 3 times last week and I was 80% compliant with my nutrition habits.

FIT BODY BOOT CAMP

WEEK 2

Habits

- Habit 1: Workout at least 3 times this week
- Habit 2: Drink 1/2 your bodyweight in oz of water

Nutrition habits

- Habit 1: Eat 6 servings of vegetables a day
- Habit 2: Limit diary to 3 servings a day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	3 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	4 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	5 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	6 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	7 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	8 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition <input type="checkbox"/> Plan & Prep

“THE DREAMS OF TOMORROW ARE ACHIEVED BY TODAY’S ACTIONS”

Write your name below the line, cut off, and turn in to your point of contact by Monday, March 9th!

By turning this in I am stating that I worked out at least 3 times last week, drank my water, and I was 80% compliant with my nutrition habits.

FIT BODY BOOT CAMP

WEEK 3

Habits

- Habit 1: Workout at least 3 times this week
- Habit 2: Drink 1/2 your bodyweight in oz of water

Nutrition habits

- Habit 1: Eat 6 servings of vegetables a day
- Habit 2: Limit dairy to 3 servings a day
- Habit 3: Eat 4-6 meals a day
- Habit 4: No grains

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	10 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	11 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	12 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	13 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	14 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition	15 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Nutrition <input type="checkbox"/> Plan & Prep

“IN LIFE YOU ONLY GET WHAT YOU THINK YOU ARE WORTH AND
WHAT YOU THINK YOU DESERVE”

Write your name below the line, cut off, and turn in to your point of contact by Monday, March 16th!

By turning this in I am stating that I worked out at least 3 times last week, drank my water, and I was 80% compliant with my nutrition habits.

FIT BODY BOOT CAMP

WEEK 4 *Order your 3 day or 5 day juice cleanse by the 22nd

Habits

- Habit 1: Workout at least 3 times this week
- Habit 2: Drink 1/2 your bodyweight in oz of water
- Habit 3: Sleep at least 6 hours a night

Nutrition habits

- Habit 1: Eat 6 servings of vegetables a day
- Habit 2: Limit dairy to 3 servings a day
- Habit 3: Eat 4-6 meals a day
- Habit 4: No grains
- Habit 5: Protein at every meal
- Habit 6: No processed sugar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	17 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	18 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	19 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	20 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	21 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	22 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition <input type="checkbox"/> Plan & Prep <input type="checkbox"/> Order Juice

“LIFE ISN'T ABOUT FINDING YOURSELF, IT IS ABOUT CREATING YOURSELF”

Write your name below the line, cut off, and turn in to your point of contact by Monday, March 23rd!

By turning this in I am stating that I worked out at least 3 times last week, drank my water, got 6 hours of sleep a night, and I was 80% compliant with my nutrition habits.

FIT BODY BOOT CAMP

WEEK 5

Habits

- Habit 1: Workout at least 3 times this week
- Habit 2: Drink 1/2 your bodyweight in oz of water
- Habit 3: Sleep at least 6 hours a night

Nutrition habits

- Habit 1: Eat 6 servings of vegetables a day
- Habit 2: Limit diary to 3 servings a day
- Habit 3: Eat 4-6 meals a day
- Habit 4: No bread grains
- Habit 5: Protein at every meal
- Habit 6: No processed sugar
- Habit 7: No alcohol

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	24 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	25 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	26 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	27 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	28 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	29 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition <input type="checkbox"/> Plan & Prep Pick up your juice cleanse

“SET YOUR INTENTIONS TO WIN, ONE DAY AT A TIME”

Write your name below the line, cut off, and turn in to your point of contact by Monday, March 30th!

By turning this in I am stating that I worked out at least 3 times last week, drank my water, got 6 hours of sleep a night, and I was 80% compliant with my nutrition habits.

FIT BODY BOOT CAMP

WEEK 6 - You have the option to continue your nutrition habits or to do the a Juice Cleanse
 *Put your measurements and weight in the app no later than Sunday, April 5th

Habits

- Habit 1: Workout at least 3 times this week
- Habit 2: Drink 1/2 your bodyweight in oz of water
- Habit 3: Sleep at least 6 hours a night

Nutrition habits

- Habit 1: Eat 6 servings of vegetables a day
- Habit 2: Limit dairy to 3 servings a day
- Habit 3: Eat 4-6 meals a day
- Habit 4: No grains
- Habit 5: Protein at every meal
- Habit 6: No processed sugar
- Habit 7: No alcohol
- Habit 8: No caffeine

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	31 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	1 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	2 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	3 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	4 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition	5 <input type="checkbox"/> Workout <input type="checkbox"/> Water <input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition <input type="checkbox"/> Plan & Prep

“SELF CONFIDENCE COMES FROM KEEPING PROMISES TO YOURSELF”

Write your name below the line, cut off, and turn in to your point of contact by Friday, April 3rd!

By turning this in I am stating that I worked out at least 3 times last week, drank my water, got 6 hours of sleep a night, and I was 80% compliant with my nutrition habits(or I did the juice cleanse).

JOURNEY JUICE

1428 Prince Ave. Ste B
Athens, Ga 30606



706.850.0707
www.journeyjuice.com/
Amy@JourneyJuice.com

Juicing fresh organic fruits and vegetables offers a variety of health benefits without added chemicals, pesticides or synthetic growth hormones. Certain fruits and vegetables promote sustained energy and boosts metabolism, which is vital for weight loss

The daily recommended dose of vegetables and fruit are 6-8 servings. Eating the recommended amount may be difficult on a daily basis especially in raw form but drinking them is easy. Plus juicing is a great way to incorporate large amounts of raw vegetables and fruit to receive the benefits of the nutrients, phytonutrients, and enzymes contained without destroying them through heating!

Drinking raw juice allows the live nutrients to be absorbed by the body immediately.

Vegetable Juices

Just Greens

Flu Shot

Just Celery

AFBBC Transformation Juice

Veggie Town

Fruit Juices

Citrus Punch

Pinapple Greens

Synergy

Poisonous Apple

Muddy Tonic

Just Grapefruit

Yodalicious

Beet Zinger

Green Zinger

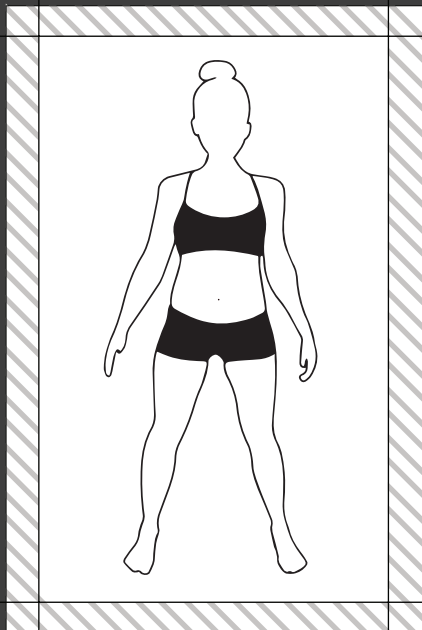
Greens + Apple



Amy Lawrence

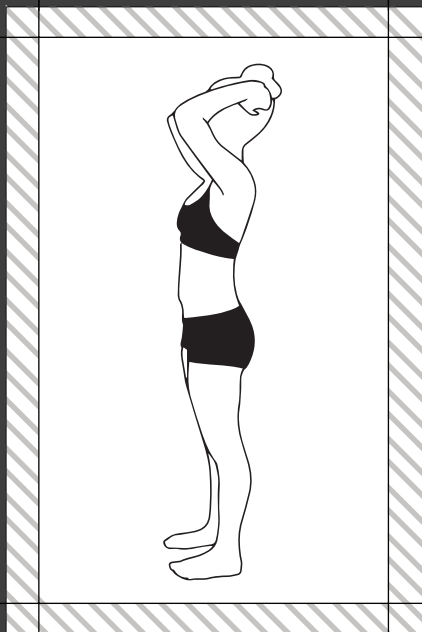
After 15 years in the public school system, I traded my Educator status for Vegucator! I've always been an avid health and fitness nut, and I was a big fan of cold-pressed juices for years. When the opportunity to provide healthy juice to my community presented itself, I jumped at the chance!

GET JUICY WITH IT!



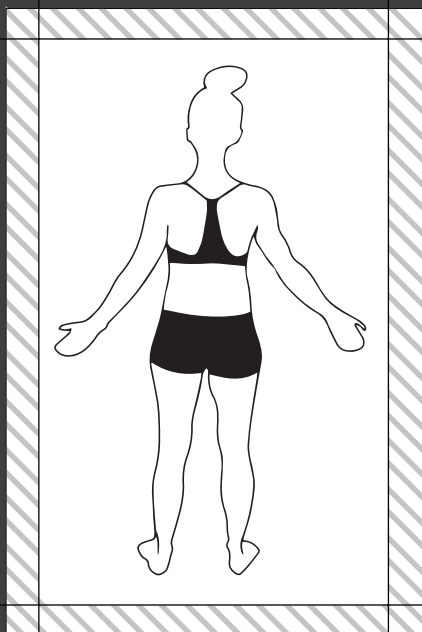
FRONT

Stand with your feet shoulder width apart. With your shoulders rolled back, your arms should be inline with your legs and slightly away from your body.



SIDE

Stand with your feet shoulder width apart. Turn to the side (same side each photo set you take) and place your hands behind your head.



BACK

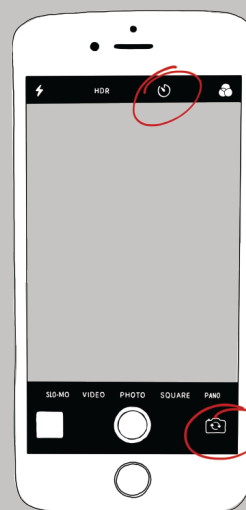
Stand with your feet shoulder width apart. Face the wall, roll your shoulders back, and slightly bring your hands away from your body.

HOW TO TAKE PROGRESS PICTURES

Be sure to take your photos as shown here, standing against a neutral background or door. We recommend that women wear a sports bra or tight-fitting tank top and shorts or a bikini. Men, a pair of workout shorts, no top.

DON'T HAVE SOMEONE TO TAKE PHOTOS FOR YOU?

Follow these steps to set a timer on your iPhone



STEP 1: Touch the icon to open the menu and choose 10s.

STEP 2: Touch the icon to flip the camera towards you.

Set the phone on a dresser/shelf, with a stack of books to prop it up.

IF YOU'RE LOSING INCHES, YOU'RE LOSING FAT!

You may notice that your clothes are fitting better before you see the number on the scale go down. That's why it's so important to take your measurements every week. Be sure to measure your chest, waist, belly button, hips, arms, and legs as shown below.

If you're taking your own measurements, wrap the measuring tape around yourself and stand in front of a mirror to make sure the tape is straight across your backside. You want the measuring tape to be taut, but not too tight.

You'll report your lost inches each week to your coach, so we recommend recording your measurements in your habit tracker.

Another way to measure your progress is to celebrate non-scale victories – or NSVs – throughout the challenge. Non-scale victories include things like your clothes fitting better, having more energy, sleeping better, eating healthier food, and being in a better mood, just to name a few!

CHEST

Measure around your chest, inline with your nipples.

NATURAL WAIST

Measure around your waist. Stand straight, and lean slightly to the right. Where you naturally bend is your natural waist.

BELLY BUTTON

Measure around your body inline with your belly button.

NSV = NON-SCALE VICTORY

ARM

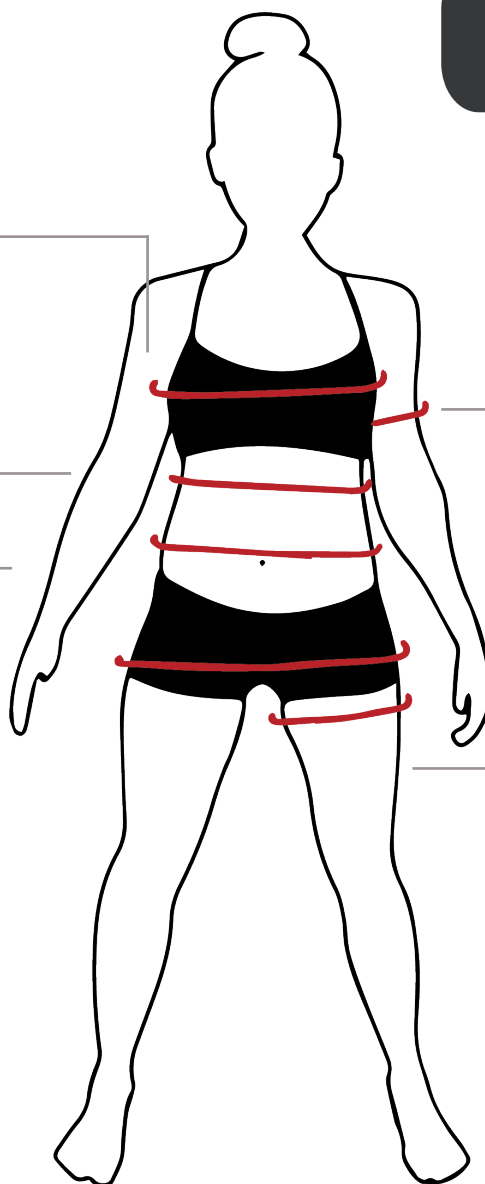
Measure around the arm, at the midpoint between your elbow and shoulder.

HIPS

Measure around your body at the widest part of your hips.

LEG

Measure around your leg, about an inch below your butt.



WHY YOU NEED SUPPLEMENTS



*From the Desk of Erin Alejandrino,
Executive Director of Supplementation,
FBBC Approved / TruLean*

Imagine for a moment dramatically improving your weight-loss results, energy levels, daily well-being, and even your moods, simply by ADDING all-natural, organic supplements to your routine.

For too long, you've been told that proper diet and nutrition means taking things away, and that the only way to improve your health is to change what you eat. Make no mistake, at FBBC Approved/TruLean, we believe in a healthy diet based on whole foods.

The surprising truth, however, is that most people who struggle with their weight are eating too LITTLE food, not too much. As you'll discover with the Fit Body Transformation Challenge, you will most likely eat more total food than you ever have before.

In a similar way, you will discover that ADDING these pure, clean, great-tasting supplements to your routine will unlock a level of fat loss, energy, confidence, and beauty unlike anything you've ever experienced before. To me, that's the best part of supplementation - you get to add good things to your life instead of depriving yourself.

So, get excited! You're going to fall in love with these supplements because of their delicious flavors and the amazing benefits they bring to your weight-loss journey. Soon, they'll become second nature to you, and with consistent results, you'll wonder why everyone isn't taking these supplements!



WHEY ISOLATE PROTEIN

Our protein line contains zero sugar and 100% pure Protein Isolate. That's why it's easily digestible, great tasting, and contains all the essential ingredients to support muscle building and a healthy metabolism!

INGREDIENT

L-Citrulline Malate 2:1

L-Taurine

BENEFITS*

Promotes fat loss

Builds lean muscle

**When used with a sensible diet and exercise program to maximize results.*

Timing: If your sole purpose is losing weight, squeeze in your protein shakes between meals to keep your stomach full. If you are trying to prevent muscle loss, take your shake with breakfast. Americans typically get the bulk of their protein at night, so switching it up in the morning is the ideal way to make sure it is distributed evenly.



VEGAN PLANT-BASED PROTEIN

Build and support lean muscle with Plant-Based Protein! Our products contain zero sugar and 100% pure protein. That's why they're easily digestible, great tasting, and contain all the essential ingredients to support muscle building and a healthy metabolism.

INGREDIENT

L-Citrulline Malate 2:1

L-Taurine

BENEFITS*

Promotes fat loss

Builds lean muscle

**When used with a sensible diet and exercise program to maximize results.*

Timing: If your sole purpose is losing weight, squeeze in your protein shakes in between meals to keep your stomach full. If you are trying to prevent muscle loss, take your shake with breakfast. Americans typically get the bulk of their protein at night, so switching it up in the morning is the ideal way to make sure it is distributed evenly.



EVERYDAY FIT

Our appetite-curbing, non-stimulant mix boosts your metabolism while keeping you hydrated and it tastes delicious! This is the first-ever water enhancer that replenishes nutrients and supports an active lifestyle WITHOUT harmful sugar or stimulants.

INGREDIENT

L-Dopa

BENEFITS*

Balances stress
Improves mood
Raises energy levels without the jitters

L-Carnitine

Helps boost a healthy metabolism
Supports lean muscle

Biotin

Helps support healthy skin, hair, and nails

**When used with a sensible diet and exercise program to maximize results.*

Timing: Anytime! Everyday Fit is the world's first ever water enhancer that is ZERO sugar, totally delicious, and even healthier than plain water!

This revolutionary water enhancer can and should be taken all day. Hydration is the key to unlocking a healthy mind and body (aim to drink half your bodyweight in ounces of water each day). We recommend drinking Everyday Fit throughout the day, but try to stay under 3 servings per day!



PRE-WORKOUT

Recharge before your workouts with our brain and body activating pre-workout. This proprietary formula improves blood flow, focus, cognitive function, and energy so you can give your best effort every time and accelerate your progress. Available with and without caffeine.

INGREDIENT

L-Citrulline Malate 2:1

BENEFITS*

Increases blood flow
Improves workout performance
Elevates concentration
Increases recovery after exercise

L-Taurine

Helps keep you hydrated
Supports the general function of your nervous system

N-Acetyl L-Tyrosine

Increases your natural "high"
Improves brain function

L-Theanine

Enhances mental focus
Improves brain function

**When used with a sensible diet and exercise program to maximize results.*

Timing: Pre-Workout should be taken roughly 45-60 minutes before any physical exercise to receive the full effects (especially if you prefer our stimulated Pre-Workout over our non-stimulated).

LIFE HACKS



Pack your shaker everywhere you go, and include a zip-lock baggy with a serving of Protein Powder if needed. This will keep you on track when in need of a snack, and help you avoid going for those crackers or sugar-filled energy bars.



Get creative! If you are feeling tired of your meal prep, get creative with recipes. Our supplement line can be used for popsicles, Jell-O, and even no-bake bars or cookies!



Mix and match. That's right - our supplements not only taste delicious on their own, they can be combined for a delicious nutrient packed treat! Our favorite is a Vanilla Protein Shake with a green twist. All you need is a scoop of Vanilla Protein, Powdered Greens, an apple, and some almond milk. Voila!



When you're on the go, add a scoop of Protein Powder to quick oats or chia pudding for a filling, nutrient packed breakfast!



Think it, Speak it, Live it. Share your recipes and meals with a friend or nutrition buddy to stay accountable. Our FBBC Global Group is the perfect place to find and share recipes, and get inspiring tips to stay on track.

FIT BODY BOOT CAMP

Food / Shopping List

For optimal results, enjoy the foods on this list, which also doubles as a shopping list.

PROTEIN

- Beef (Chuck)
- Beef (Chuck Roast)
- Beef (Flank)
- Beef (Other)
- Catfish
- Chicken (Breast/Thigh)
- Chicken (Ground)
- Chicken (Sausage)
- Chicken (Whole)
- Deli Meat
- Eggs
- Egg Whites
- Halibut
- Ham
- Lamb (Ground)
- Lamb (Shanks)
- Pork (Bacon)
- Pork (Ground)
- Pork (Loin)
- Pork (Sausage)
- Pork (Shoulder)
- Protein Powder
- Salmon
- Scallops
- Seafood (Other)
- Shrimp
- Tofu
- Tuna (Albacore)
- Turkey (Ground)
- Turkey (Other)
- Turkey (Whole)
- Whitefish

VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Bean Sprouts
- Bell Peppers (All)
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Butter Lettuce
- Cabbage (All)
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Delicata Squash
- Eggplant
- Endive
- Fennel (Anise)
- Fennel Bulb
- Frisée (Curly Endive)
- Green Beans
- Green Chile (Hatch)
- Greens (Beet, Mustard, Turnip)
- Jalapeño/Hot Peppers (All)
- Kale
- Leeks
- Lettuce (All)
- Mushrooms (All)
- Okra
- Olives
- Onion (All)
- Radish
- Rhubarb
- Scallions
- Shallots
- Snow Peas
- Spinach
- Sprouts
- Sugar Snap Peas
- Swiss Chard
- Tomato (All)
- Zucchini

COMPLEX CARBS

- Acorn Squash
- Beets
- Black Beans
- Butter Beans
- Buttercup Squash
- Butternut Squash
- Carrots
- Chickpeas (Garbanzo)
- Granola
- Kabocha Squash
- Kidney Beans
- Lentils (All)
- Oats (Old Fashioned)
- Onion
- Parsnips
- Potatoes (All)
- Pumpkin
- Quinoa (All)
- Rutabaga
- Spaghetti Squash
- Summer Squash
- Sweet Potato/Yams
- Turnip

FRUIT

- Apples (All)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes (All)
- Jicama
- Kiwi
- Lemon
- Lime
- Mango
- Melon (All)
- Nectarines
- Oranges (All)
- Papaya
- Peaches
- Pears (All)
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon

FATS

COOKING FATS

- Clarified Butter
- Coconut Oil
- Duck Fat
- Extra-Virgin Olive Oil
- Ghee
- Lard (Pork Fat)
- Olive Oil Spray
- Palm Oil
- Tallow (Beef Fat)

EATING/DRESSING

- Avocado
- Avocado Oil
- Coconut Butter
- Coconut (Flakes, Shredded)
- Coconut Milk (Canned)
- Light Olive Oil
- Olives (All)
- Sesame Oil

NUTS AND SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Cumin Seeds
- Dry Roasted Peanuts
- Flax Seeds
- Hazelnuts/Filberts
- Macadamia Nuts
- Mustard Seeds
- Nut Seed (All)
- Pecans
- Pine Nuts
- Pistachio
- Pumpkin Seeds/Pepitas
- Sesame Seeds

HERBS & SPICES

- Allspice
- Basil (Fresh/Dried)
- Bay Leaves
- Black Pepper
- Black Peppercorns
- Cayenne (Ground)
- Chili Powder
- Chipotle Powder
- Chives
- Cilantro (Fresh/Dried)
- Cinnamon
- Cloves (Ground)
- Cloves (Ground)
- Cumin
- Curry Powder (Red/Yellow)
- Dill (Fresh/Dried)
- Garlic Powder
- Ginger (Fresh/Dried)
- Italian Seasoning
- Jamaican Jerk Seasoning
- Lemongrass
- Lemon Zest
- Mint (Fresh)
- Mustard Powder
- Nutmeg
- Onion Powder
- Oregano (Fresh/Dried)
- Paprika
- Parsley (Fresh/Dried)
- Red Pepper Flakes
- Rosemary (Fresh/Dried)
- Sage (Fresh/Dried)
- Salt (Iodized/Sea Salt)
- Thyme (Fresh/Dried)
- Wasabi Powder

DRINKS

- Apple Cider
- Cacao Drinks (100%)
- Club Soda
- Coconut Water
- Coffee
- Fruit Juice (100% All)
- Kombucha
- Mineral Water
- Naturally Flavored Water
- Seltzer Water
- Sparkling Water
- Tea (All)
- Vegetable Juice (100%)

DAIRY

- Parmesan Cheese
- Half and Half
- Milk (Low Fat)
- Coconut Milk (Full Fat)
- Goat Cheese
- Greek Yogurt (Fat Free)
- Cottage Cheese

PANTRY

- PANTRY

OTHER

- OTHER