



Getting Started Grocery List

The bulk of food on this list is organic and should be available in the health food section of grocery stores like Cub, Trader Joe's, or co-ops. This will help you improve on breakfast - the most important meal, your snacks, and fluids you drink.

Protein Smoothie Ingredients

Choose the smoothie ingredients that appeal to you and your family.

- Organic orange juice
 - Cascadian Farms organic frozen raspberries
 - Frozen tropical fruits like mangos, or pineapples
 - Stonyfield Organic Yogurt- this is the best yogurt I have ever tasted!
 - Rice Dream - vanilla or chocolate. Mix the chocolate with a chocolate protein powder, Maranatha Peanut Butter, ice cubes and a small slice of banana. Like a Reese's peanut butter cup!
 - Blue Diamond Almond Milk is also great - vanilla or chocolate.
 - The protein powders come in several flavors: strawberry, chocolate, & vanilla.
- Order online: go to fuzzyslippersforever.com, click on "Rescue Me" and then click



on "Rescue Me Package."

- Magic Bullet- available at Walgreens, Bed Bath & Beyond, Kohl's, or Google it and order online. I use this instead of my blender because it is small, with a powerful little blade and clean-up is a breeze

Additional Breakfast Items

- Ezekiel Sprouted Grain Breads - we love the cinnamon raisin, toasted and spread with a little organic butter. The 7 grain is great for French toast and sandwiches.
- Organic eggs are great scrambled, over easy or make great omelets when you have time
- Cream of Buckwheat makes a great, hot, whole grain cereal. Tastes like tapioca pudding
- Kashi Whole Grain Crackers are whole grain and have no trans-fats
- Steel cut oats - takes about 20 minutes to cook...but it tastes great reheated with some vanilla or almond rice milk, a little Agave Syrup, and cinnamon, If you don't have time, regular oatmeal or a hot grain cereal is good.
- Ezekiel cereal - this is the only cold cereal Cheri Swanson, our Certified Nutritional Consultant, recommends.
- Maranatha Peanut Butter - wonderful healthy peanut butter with no trans-fats.

Healthy Sweet Temptations

- Brown Rice syrup - wonderful sweetener, not quite as sweet as honey. Can be used in place of maple syrup.
- Stevia - 0 Calories! My girls love to use the liquid kind in their oatmeal to sweeten it.
- Xylitol - the brand XyloSweet is excellent and can be ordered online at www.xlear.com/xylosweet/ more economically than what I have found in the store. It looks like sugar, has 40% fewer calories and is insulin independent. Great for diabetics & you don't crave it like sugar.
- Agave Nectar - Organic Raw Blue Agave is a delicious, low glycemic sweetener extracted from the heart of the Blue Agave plant. It has a full sweet flavor with subtle molasses overtones. Great on hot cereal!

Snack Items

- Raw Almonds - count out 10 and put in little snack bags.
- Organic Apples - great with our Peanut Butter Ball Recipe
- TLC Crackers
- Edamame- fun to eat!
- Snack and Meal bars- I learned not all snack bars are created equal! The snack and meal bars in the "Rescue Me Package" are powered by Leucine so I hang onto muscle. Snack bars only 120 calories and 10 grams of protein. Low glycemic. My favorite flavors are the "Lemon Cranberry" and "Chocolate Decadence" for snack bars and Peanut Butter Chocolate Chip for Meal bars! Order online: go to fuzzyslippersforever.com, click on "Rescue Me" and then click on "Rescue Me Package."

What to drink?

- Stevita Fess Lime Drink Mix- Use in Cranberry Cooler recipe at our website. Order online at www.steviasmart.com Kids love this!
- Teeccino www.teeccino.com for coffee lovers! Teeccino brings you all the satisfaction of coffee with no caffeine reaction. My daughter loves the Vanilla Nut with a soy creamer or Soy Whip, a fun alternative to whipped cream (get Soy Whip at Cub).
- YerbaMate Royale Tea www.steviasmart.com Rich in vitamins and minerals, an excellent appetite suppressor. It accelerates the healing process and protects against stress.