



The Digest Diet

DigestDiet.com

My Shopping List

DAYS 10-14: FADE AWAY AT YOUR FINGERTIPS

Please be sure to check your pantry and refrigerator to see what you have left over from days 5-9 of Fade Away before shopping. You might already have what you need for certain items and may not need to buy some items on the list. Note that some recipes in the plan serve 4—perfect if you're cooking for a family or planning on freezing leftovers for later. If you are cooking for one or two, you may want to check serving sizes and adjust the amounts on this list accordingly.

PRODUCE

Vegetables

- 1 carrot
- 1 bag (16 ounces) baby carrots
- 1 head celery
- 1 bunch asparagus*
- 2 cups (16 ounces) green beans*
- 2 portabella mushrooms*
- 3 bell peppers (1 green, 2 red)
- 1 tomato
- 1 pint grape tomatoes
- 1 package (8 ounces) baby bella (cremini) mushrooms
- 1 bag (5 ounces) baby spinach
- 2 packages (5 ounces each) baby arugula
- 1 bunch watercress (6 ounces)
- 1 bag (5 ounces) field greens
- 1 bag (12 ounces) coleslaw mix
- 2-inch piece of fresh ginger
- 1 small red onion
- 1 bulb garlic

*Multiply this amount by the number of people for whom you're cooking

Fruits

- 1 orange
- 1 bunch red grapes**
- 5 Fruits for shakes (choose from the book) _____

**You can use whatever is left over from days 5 through 9 before buying

MEAT, POULTRY, AND SEAFOOD

- 1 1/4 pounds 93% lean ground turkey
- 4 skinless, bone-in chicken breast halves (about 6 ounces each)
- 4 salmon fillets (5 ounces each)
- 6 ounces cod*
- 2 ounces lower-sodium deli-sliced ham*



MEAT, POULTRY, AND SEAFOOD (continued)

- 4 ounces lower-sodium deli-sliced turkey
- 1 ounce lower-sodium deli-sliced turkey or ham

*Multiply this amount by the number of people for whom you're cooking

DAIRY AND EGGS

- 1 quart low-fat buttermilk
- 1 quart fat-free milk
- 2 containers (32 ounces each) nonfat yogurt
- 1 container (6 ounces) 0% Greek yogurt
- 1 container (15 ounces) fat-free ricotta cheese
- 1 ounce reduced-fat cheddar cheese**
- 1 ounce Jarlsberg light cheese*
- 1 package mini cheeses**
- 1 jar (6 ounces) Parmesan cheese**
- 1/2 dozen eggs

*Multiply this amount by the number of people for whom you're cooking

**You can use whatever is left over from days 5 through 9 before buying

FROZEN

- 1 package (9 ounces) frozen artichoke hearts

DRY AND CANNED GOODS/NUTS AND SEEDS

- 1 package (4 ounces) pistachios**
- 1 package (6 ounces) almonds**
- 1 package (4 ounces) sunflower seeds**
- 1 box or bag (12 ounces) flax meal**
- 1 small package (4 ounces) dry-pack sun-dried tomatoes
- 1 box (8 ounces) whole-grain crackers**
- 1 can (6 ounces) no-salt-added tomato paste
- 1 box or bag (14 ounces) quinoa**
- 1 can (12 ounces) evaporated fat-free milk
- 1 can (14 ounces) light coconut milk**
- 1 can (15 ounces) low-sodium chickpeas
- 2 cans (5 ounces each) water-packed albacore tuna
- 1 can or carton (16 ounces) low-sodium chicken broth
- 1 box (9 or 10 ounces) nonfat milk powder**
- 5 Healthy Fats for shakes (choose from the book) _____

**You can use whatever is left over from days 5 through 9 before buying

PANTRY STAPLES AND FAT-RELEASER SEASONINGS

- natural peanut butter
- black pepper



PANTRY STAPLES AND FAT-RELEASER SEASONINGS (continued)

- fine sea salt
- balsamic vinegar
- rice-wine or apple-cider vinegar
- Dijon mustard
- spicy brown mustard
- honey
- toasted (dark) sesame oil
- light olive oil
- extra-virgin olive oil
- vanilla extract or almond extract
- cayenne pepper
- reduced-fat mayonnaise (made with olive oil)
- dried oregano
- dried rosemary
- whole-wheat flour
- flavorings for shakes (optional; choose from the book) _____

MISCELLANEOUS

- 1 bottle (750 ml) red wine

OPTIONAL/ADDITIONAL INGREDIENTS

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