



Metabolism Reset

Challenge

Grocery List



Fats & Oils

- ☐ 1 jar Coconut oil, extra virgin organic
- ☐ 1 jar Extra Virgin Olive Oil
- ☐ 1 jar Olive Oil
- ☐ 2-4 Avocados
- ☐ 1 container raw nut butter – almond, cashew, walnut (pick one to start)
- ☐ ¼ pound of nuts, raw – walnuts, almonds, pumpkin seeds, pine nuts, macadamia nuts
- ☐ 1 jar Olives, black and green
- ☐ 1 jar Flaxseed oil, cold pressed (store in fridge)
- ☐ 1 jar Hempseed oil, cold pressed (store in fridge)
- ☐ 1 package of goat cheese
- ☐ 1 package of organic hard cheese
- ☐ 1 container of Parmesan cheese

Vegetables

- ☐ 4 cucumbers
- ☐ 2 tomatoes
- ☐ 1 stalk celery
- ☐ 2 heads broccoli
- ☐ 2 heads cabbage
- ☐ 2-3 heads dark green leafy lettuce
- ☐ 1 large bag of spinach
- ☐ 1 head kale
- ☐ 1 container sliced mushrooms
- ☐ 2 heads cauliflower
- ☐ 2 white onions



- ☐ 4 sweet potatoes
- ☐ 6 zucchinis
- ☐ 2-4 peppers
- ☐ 3 lemons
- ☐ Spices – cilantro, parsley, thyme, basil, dill
- ☐ 4-6 field carrots
- ☐ 3 handfuls of brussel sprouts
- ☐ 6-8 garlic bulbs or 1 large jar of minced garlic (not from China)
- ☐ 1 spaghetti squash
- ☐ 1 butternut squash

Fruits

- ☐ 1-2 pints of blueberries
- ☐ 1-2 pints of raspberries
- ☐ 1 pint of strawberries
- ☐ 3 grapefruit
- ☐ 1-2 bags of frozen berries

Proteins

- ☐ 2 dozen eggs
- ☐ 1 large container of plain Greek yogurt
- ☐ 1 pound of nitrate free bacon
- ☐ 2 pounds of extra lean beef
- ☐ 3 pounds of chicken
- ☐ 2 pounds of ground turkey
- ☐ 1 pound of white fish of choice
- ☐ 1 container of high-quality protein powder (see the notes section of your cook book for details)

Spices, Condiments & Baking Supplies

- ☐ 1 pound of coconut flour
- ☐ ¼ pound of shredded coconut
- ☐ 1 jar of coconut aminos
- ☐ 1 container of sugar free salsa
- ☐ 1 jar of Dijon mustard
- ☐ 1 jar of champagne mustard
- ☐ 2 jars of sugar free tomato sauce
- ☐ Sea salt
- ☐ Pepper
- ☐ Smokey paprika
- ☐ Allspice
- ☐ Onion powder
- ☐ Garlic powder
- ☐ 1 jar of cinnamon
- ☐ 1 jar of Apple Cider Vinegar
- ☐ 1 large jar of fermented sauerkraut
- ☐ 1 jar of gluten free tamari sauce
- ☐ 1 jar of Stevia or Stevia packets
- ☐ 1 package of dark chocolate chips

****** NOTE** – not all recipes in the cookbook are included on the food plan itself but have been included to give options to swap out.

Items on this list represent ingredients for ALL recipes in your Ultimate Fat Blasting Cookbook Vol 6