

PROTEIN POWDER

There are no supplements on this plan. No pills, no extra drinks. Just good food. However, we will use protein powder occasionally. The entire 6 weeks includes roughly 16 scoops of protein powder. One container should be plenty. I recommend Orgain Plant Based Protein Powder. You can purchase it at Wal-Mart, or on Amazon.

COLLAGEN

The collagen is optional, we only use two scoops. However, it's handy to have! Again, I love the Orgain Collagen Peptides, unflavored. I will also add these to my coffees in the morning for extra protein. Feel free to do so as well! The Keto Collagen Creamer is a nice option once the 6 week challenge is over.

NUT MILKS

I bounce back and forth between almond, oat, and soy milk. Soy milk has the highest protein content, oat has the fullest flavor with a consistency most closely resembling milk. Use whichever you prefer, it will not affect your recipes or macros. Use coconut milk in the can when instructed.

SPICES

Use as many spices that are Salt-Free as you'd like. Seriously. Mrs. Dash makes some wonderful salt free blends if you're looking for the work to be done for you. They are in the amazon link at the bottom of this document.

You can also get a few of them at your local grocery store(s). Other spices that are helpful to have: Baking Powder, Chili Powder, Cinnamon, Pumpkin Pie Spice, Italian Seasoning, Fajita Seasoning, Garlic Powder, Onion Powder, Paprika and Cayenne.

Every single recipe can be changed with spices without affecting your results. Message me if you need help picking!

PANTRY STAPLES

Other pantry staples include:

- Liquid Aminos (a soy sauce alternative)
- Olive Oil (we are going to use a lot of this!)
- Lemon Juice
- Hot Sauce (optional)
- Brown Sugar Stevia
- Stevia liquid drops (we love Sweet Leaf)
- PB2 Powder- Peanut Butter Flavor, less calories, easier to mix
- Balsamic Vinegar
- Stevia Chocolate Chips (Lily's is our favorite brand, also in Amazon Cart)
- Chicken Broth. Bone broth is higher in protein and flavor, but it is a strong flavor. Any broth variety is acceptable. I prefer low-sodium.
- Peanut Butter, no salt or sugar added

NUTS & SEEDS

We buy our nuts and seeds in bulk online, or from the Nut House in Wichita. The 6 weeks includes a total of the following nuts and seeds:

- Chia Seed
- Walnut
- Pumpkin Seed
- Flax Seed (Ground)
- Sesame Seeds
- Almond Slivers

TORTILLAS & OTHER CHOICES

For Tortillas, I recommend Mama Lupe Low Carb Tortilla's
Yogurt: Oikos Triple Zero (including for greek variety)

Ezekiel Bread is in the freezer section. It's a grain free bread that is easier to digest and full of nutrients. Store in freezer, unfreeze what you need slice by slice!

FRESH V. FROZEN

A lot of the produce can be purchased frozen, which helps with cost. Onions, peppers, potatoes, peas, and corn are just a few! Message me if you need help determining what is best fresh v. frozen.

PANTRY



ALTERNATIVES

COFFEE CREAMER

Feel free to use 2 TBS of Half & Half or Silk Non-Dairy Creamer. Avoid creamers that have a ton of added sugars. Nut Pods are also great options if you are used to those flavors already. Consider Sweet Leaf Stevia Drops for flavor/sweetness.

SODA

Because we are working on regulating our blood sugar levels, soda is a no. However, research shows that Stevia sweetened products do not affect our blood sugar levels, so if you are a soda drinker looking for an alternative, please consider trying Zevia Sodas, or sparkling flavored waters. Be careful of the ingredients list to avoid artificial sweeteners and dyes.

TEA

Stock up on tea! Anything herbal is fair game, and caffeine in moderation with your water is also wonderful! We love the variety pack in our Amazon list. Hot or Cold!

ENERGY DRINKS

Really, these are not great for our bodies. However, if you find yourself needing one, consider Zevia Energy!

ALCOHOL

We are going to do our best to avoid alcohol for the next 6 weeks. This is because of the effects on our blood sugar levels, and also the hinderance of separating chemical happiness from food that alcohol has. Consider these non-alcoholic teas, or even a sugar free mocktail recipe! Pinterest if your friend here. Look for something sweetened with stevia! Avoid agave and other false sweeteners.

SWEATY

If you happen to be a super active or super sweaty person, you might consider a trace mineral to keep you hydrated. Most hydration products also include sugar. We love Concentrance Trace Minerals Drops. They are available on our website. A few other options have been added to the Amazon list.

WATER-HATERS

If water is not your friend, speak now or forever hold your peace. (If you sang Taylor Swift there, let's be friends forever <3). We love Sufficient C products, available in the clinic and via drop ship. Sufficient-C Is a vitamin C drink sweetened with Stevia that tastes like a delicious lemonade, Abundant B is a Vitamin B drink that tastes like a Strawberry Lemonade.

GUM, CANDY, ETC.

Generally speaking, avoiding these is best. The small bursts of sugar and calories will affect your metabolism and glucose resets. If you work in a career where they are more essential, look for xylitol gum and mints that do not contain any added sugar or sugar alternatives (sucralose being the most common).

VITAMINS, SUPPLEMENTS, MEDICATIONS

I am not a doctor. I don't recommend modifying any of these at all. If you'd like a consult to find clean, sugar free vitamins and supplements that will help boost your energy, reduce cravings, etc, please consider scheduling a consult with Dr. Moffitt at PH Wellness Clinic, 785-955-9228 option 1.

The meal plan and workouts are safe for the average adult. If you are pregnant or breastfeeding, your macronutrients may need modified. If you are on a medication, particularly blood thinners, hypertensive drugs, and thyroid medications, please be sure to disclose these in your paperwork.

