

YOUR **HOTTEST**
BODY *EVER*

WITH TRACY CAMPOLI



SHOPPING LIST

Everything you need to create
Your Hottest Body Ever while on
the Clean and Simple phase

✓ **Fresh Vegetables**

Dark Green Leafy: Spinach, Arugula, Kale, Swiss Chard, Romaine, Watercress Collards

Dark Green: Broccoli, Brussels Sprouts, Green Bell Peppers, Asparagus, Green Beans

Zucchini, Carrots, Yellow/Orange/Red Peppers, Tomatoes, Fennel, Sprouts, Artichoke, Jicama ,
Eggplant

Onions

Garlic

Avoid starchy veggies while on clean and simple such as:

Butternut Squash, Acorn Squash, Spaghetti Squash, Sweet Potato, Beets, Parsnips

Always try to buy organic and local if possible

✓ **Protein and Protein Alternatives**

White Fish (cod, haddock, tilapia)

Fatty Fish (salmon, tuna)

Shellfish (scallops, shrimp, lobster, crab)

Lean Beef Cuts

Chicken & Turkey

Lean ground beef/turkey

Tofu, Tempeh

****Avoid beans, legumes while on clean and simple unless you follow a vegetarian diet****

Always try to buy organic and local if possible

✓ **Fruit**

Fresh Whole Fruit (Apples, Oranges, Pears, Bananas, Grapefruit, Plum, Mango, Grapes)

Berries (Strawberries, Blueberries, Blackberries)

Melon (Cantaloupe, Honey Dew, Watermelon)

Tropical Fruits (Pineapple, Mango, Papaya, Kiwi)

Freeze Dried Fruit (no sugar, nothing added, good for sweet cravings, use sparingly)

Dried fruit (no sugar, nothing added, good for sweet cravings, use sparingly) raisins, dates, mango,
papaya, apricot

Lemons

Limes

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✓ **Healthy Fats & Oils**

Olive Oil

Grapeseed Oil

Coconut Oil

Avocados

Almonds & Almond Butter

Peanuts & All Natural Peanut Butter

Cashews

Pistachios

Sunflower butter

Walnuts, sunflower seeds, pepitas

✓ **Frozen or Packaged Foods**

Frozen Vegetables (no sauce or butter added)

Frozen Edamame (NON GMO! VIP!)

Frozen Vegetarian Burgers (good in a pinch, Morningstar farms are a good brand)

Organic canned or boxed soups (natural, low-sodium)

✓ **Spices/Condiments**

Dried herbs and spices

Fresh Herbs

Good Quality Sea Salt (grey, Himalayan)

Mustard

Hot sauce

Salsa

Natural Hummus

✓ **Supplements/Equipment**

Nutrition Bars:

[Raw Rev Glo bars](#) (I love the sea salt caramel, peanut butter...not so much!)

[Enjoy Life Sunbutter bars](#)

[Kind bars](#) (any flavor with 5g of sugar or less only)

High Quality Protein:

[Plant Based Nutritional Shake](#) (my personal favorite)

[Vibrant Health Pure Green Protein](#) (OMG this one tastes amazing!!!)

[Garden of Life Raw Protein](#)

Green Supplements:

[Green Vibrance](#)

[Amazing Grass Green Superfood](#)

Coconut Oil:

[Doc Bronner's Coconut oil](#)

[Nutivia Coconut oil](#)

High Powered Blender:

[NutriBullet Blender](#) (amazing and only about \$100!)

[Vitamix](#) (this is the Rolls Royce of blenders!)

[Chia Seeds](#)