

# Cori Ann's 10 Day Fatblast Grocery List

Day 1 through 3: Cori Ann's Modified Shakeology® 3-Day Cleanse

## Shakeology & Tea

9 packets of **Shakeology** (3 packets per day)  
6 cups of **Oolong tea**

## Protein Options

**White fish** (tilapia, cod, halibut)  
**White poultry** (skinless)

Lacto/Ovo Vegetarian: **Eggs**  
Vegan/Vegetarian: **Tofu**

## Snack Options

**Fruit** (hard fruits are preferred, but if you don't like apples and pears it is OK to eat other fruits you do enjoy, like bananas, oranges, etc.)  
**Greek yogurt** (The brand that I have found tastes the absolute best is Chobani... they even have pomegranate flavor with REAL pomegranate seeds at the bottom)

## Veggies

**Salad greens** (Options include arugula, cabbage, endive, romaine lettuce, green leaf lettuce, red leaf lettuce, butter lettuce, or spinach, NOT iceberg)  
**Salad veggies** (Examples may be carrot slivers, sprouts, beets, celery, cucumbers, bell peppers, radishes, mushrooms, snap peas, etc.)  
**Veggies for grilling or steaming** (Your favorite veggies you enjoy steamed or grilled if you prefer this instead of salad. Several come in a microwavable bag. Ideas include broccoli, asparagus, cauliflower, eggplant, squash, yams, artichokes, etc.)

## Dressing Options

**For salad dressing, you want to have a VERY light dressing** (examples are balsamic vinegar or rice vinegar and a very small amount of oil if you REALLY need it, or just lemon juice, etc.)

## Optional

**If performing at least 1 hour of challenging exercise per day:** Fruit juice, frozen fruit, almond milk or non-fat milk (or soy milk, etc.), PB2 or peanut butter (or almond butter, etc.)

**Lots of carbs, but no grains, no starches, no red/dark meat, no red/dark fish, no shellfish**

# Cori Ann's 10 Day Fatblast Grocery List

Day 4 through 10: Cori Ann's Modified Shakeology® 7-Day Cleanse

## Shakeology & Tea

14 packets of **Shakeology** (2 packets per day)  
14 cups of **Oolong tea**

## Protein Options

**White fish** (tilapia, cod, halibut)  
**White poultry** (skinless)  
**Red/Dark fish** (salmon, ahi)

Lacto/Ovo Vegetarian: **Eggs**  
Vegan/Vegetarian: **Tofu**

## Snack Options

**Fruit** (hard fruits are preferred, but if you don't like apples and pears it is OK to eat other fruits you do enjoy, like bananas, oranges, etc.)  
**Nonfat cottage cheese or Greek yogurt** (The brand of Greek yogurt that I have found tastes the absolute best is Chobani... the pomegranate flavor has REAL pomegranate seeds at the bottom)  
**Snacking veggies** (carrots, celery, cucumbers, sugar snap peas, etc.)

## Grain and Starch Options

**Oatmeal** (instant and/or flavored is OK)  
**Bread OPTIONS:** **whole grain bread** (must say WHOLE wheat or WHOLE grain), **whole grain bagels** (must say WHOLE wheat or WHOLE grain)  
**Other grain OPTIONS:** barley, quinoa, whole grain rice, whole grain pasta, couscous, whole grain crackers

## Veggies

Same as Day 1 through 3 **AND also snacking veggies** (see above in snack options section)

## Dressing Options

Same as Day 1 through 3

## Optional

Same as Day 1 through 3

Lots of carbs, adding in whole grains, no red/dark meat, adding in red/dark fish, no shellfish