

FOREST CITY
FAMILY CHIROPRACTIC
"Structure Determines Function"

2 Weeks to Lose 10 Pounds Grocery Lists
Week 1

Eggs	3 lb ground meat, beef or bison
1 container plain Greek yogurt	Beef sausage
1 pint ricotta cheese	1 rotisserie chicken from deli
Butter	4 tilapia fillets
Half and Half cream	4 cans black beans
8 oz. cheddar cheese	2 cans chick peas
Kefir or cream	3 jars natural salsa
Fresh berries	2 cans tomato sauce
3 cups unsweetened coconut	2 cans tomato paste
Cilantro, fresh or dried	1 can chopped tomatoes
Dill, fresh or dried	1 jar Grapeseed Oil Vegenaïse
4 heads or broccoli	3 cans coconut milk
2 bunches of asparagus	1 small can water chestnuts
2 bags spinach	1 jar artichoke hearts
4 containers of mushrooms, sliced	1 can hearts of palm
1 cauliflower	1 jar capers
1 head of lettuce	1 jar dill pickles
1 cucumber	Flax seeds
1 green bell pepper	Nutmeg
4 red bell peppers	Tamari Sauce
2 cups black pitted olives	Dry Sherry
2 small zucchini	1 bottle of sesame oil
Carrots	Nuts and Seeds
3 avocados	
1 pack bean sprouts	
4 fresh tomatoes	
1 bunch green onions	
3 bunches watercress	
2 lemons	
1 fresh ginger root or a jar of chopped ginger	
Celery	
Turkey bacon	
8 chicken breasts	
1 lb ground turkey	
3 salmon steaks	
4 beef steaks	

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Week 2

Whey Protein powder	12 chicken breasts
Flaxseed Meal	1 whole chicken, broiled or roasted or rotisserie
Coconut Flour	4 lb rump roast
Baking powder	3 ½ lb ground beef or bison
Stevia or xylitol	Turkey bacon
Eggs	2 salmon fillets
Milk	4 tilapia fillets
1 container plain Greek yogurt	4 steaks, grass fed beef
½ lb raw or organic cheddar cheese	Celery
8 oz shredded Monterey Jack Cheese	2 bunches green onions
1 pt organic or raw half-and-half	Lemon juice
Butter	Several heads of garlic
3 pts fresh blueberries	Bag of onions
1 pt fresh strawberries	2 lb sauerkraut
Grapeseed oil spray	4 medium kohlrabi or 3 celery roots
Various nuts for snacking and cooking- 6 cups raw almonds, 2 cups walnuts, 2 cups pecans	3 fresh tomatoes
Various seeds for snacking – pumpkin, flax sunflower	1 bag carrots
4 cans coconut milk, unsweetened and full fat	2 red bell peppers
2 jars Grapeseed Oil Vegemise	1 green bell pepper
Tarragon vinegar	6 bunches broccoli
Hot sauce, but check ingredients for trans fat and sugar or high fructose corn syrup	Greens such as Spinach or Kale
Almond butter	Salad greens and vegetables
Olive Oil	4 packs sliced mushrooms
Coconut Oil	2 zucchini
Natural Ranch dressing	1 bag of frozen peas
Dijon mustard	2 heads cauliflower or 4 celery roots
Bragg's Liquid Aminos	4 avocados
Cocoa powder, unsweetened	1 lime
2 cans chickpeas	1 bunch fresh parsley
2 cans beef broth	1 ginger root
2 cans diced tomatoes	Cinnamon, ground
2 cans black beans	Garlic powder
1 can water chestnuts	Multipurpose seasoning
1 12-oz jar natural salsa	Ground cayenne pepper
	Paprika
	Thyme Leaves
	Oregano
	Vanilla extract
	Bay leaves
	Chili powder
	Good salt, preferable Redman's Real Salt or another pink one. They have all the minerals left in them and do not cause the problems of sodium chloride. Do not use regular table salt!
Cumin	
Tarragon leaves	
Marjoram Leaves	
Arrowroot	
Curry Powder	