

**PRIME**  
FOR MIDLIFE WOMEN

**SHOPPING LIST**



# Elimination Plan Shopping List

The beauty of this plan is that you design your own meals, as long as you eat the food contained on the shopping list and nothing else.

This is a Clean Eating plan, getting rid of all processed foods that clog up the body. Grass fed beef, organic eggs, and meat are much better quality than standard variations. Think of the food the animals are fed on.

If they are fed hormones and bad quality food then their produce will be the same. This is worth bearing in mind when doing your shopping.

This is a gluten and dairy free eating plan.

## BASIC SHOPPING LIST

### Proteins

Beef	Shellfish/Shrimp	Prawns
Chicken	Crab	Eggs
Duck	Lobster	Rainbow Trout
Turkey	Salmon	Haddock
Lamb	Cod	Mackerel
Liver	Plaice	Sea Bass
Kidney	Halibut/Turbot	Fresh Tuna – not tinned
Veal	Hake	
Bacon - very lean	Bream	

*“Get organic wherever possible and ensure veg is fresh, washed and peeled before you eat it. Steam, grill, poach and lightly fry fish and meat”*

## Carbohydrates

As much green veg as you can eat at every meal.

Spinach	All leafy greens	Peas
Courgette	Tomatoes	Green Peppers
Cucumber	Onion	Green Beans
Broccoli	Kale	Purple Sprouting Broccoli
Rocket	Cabbage	Broad Beans
Aubergine	Celery	Cauliflower
Squash	Mushrooms	Avocado

## Fats

Use coconut oil freely to cook with - available from Holland and Barrett.

Flavour your food with olive oil; don't cook with it as it goes rancid at high temperatures.

## Nuts

Go easy on nuts if, when you eat a few, you have to finish the packet. We call these domino foods as, once you have a few, you are compelled to eat the whole lot.

Almonds	Macadamia Nuts
---------	----------------

## Drinks

Water minimum 3 litres per day	Fruit teas	Licorice and Tulsi tea
-----------------------------------	------------	------------------------



# Elimination Plan EXTRAS

To make Elimination Plan Meals. Read through the 30 Meals Ideas first and decide which ones you would like to try, some meal ideas have additional ingredients suitable to have once a week.

Try and stick to the shopping lists 80% of the time but the following are fine once or twice a week.

## EXTRAS LIST

Brown Rice	Blubberies	Nut Butter
Sweet Potatoes	Pecans	Mixed Seeds
Quinoa	Walnuts	Mango
Gluten Free Porridge Oats	Banana	Red Peppers
Flaked Almonds	Brown Rice Flour	Lentils
Flax Seeds	Chilli Flakes	Squid
Coconut milk	Chives	
Strawberries	Cashews	

**PRIME**  
FOR MIDLIFE WOMEN

**SHOPPING LIST**