

Body Fat Inferno

- Shopping Guide -

Smoothie Ingredients:

- kale
- spinach
- pineapple
- bananas
- ginger root
- almond milk / coconut milk / skim milk (based on preference)
- natural peanut butter (the kind with the oil separation at the top; I prefer Skippy's Natural Chunky Peanut Butter)
- Any other fruits (frozen or fresh)
- Any other vegetables (preferably fresh)
- *Anything else mentioned in the Main Guide (smoothie combinations are largely based on preference)*

Main Meal Options/Additions:

- Kashi's GoLean cereal (Crisp Toasted Berry Crumble or Cinnamon Crunch)
- Quaker Oats 100% Whole Grain Oatmeal
- Eggs
- Mushrooms (any kind, but Cremini mushrooms are awesome)
- Peppers (any kind)
- Spices (any kind – pick your favorites)
- Beans (preferably black beans)
- Any other vegetables
- Any "Light/Lite" sauces (in moderation, of course – stick to a serving size, which is usually only 1 tablespoon)
- Lean protein (chicken, turkey, white fish, extra lean ground beef)
- Tofu
- Meatless Ground (a vegetarian "meat" product that actually does make things taste good)

- Oikos Greek Non-fat Yogurt (Vanilla is the best)
- Almonds or walnuts
- Salsa

Supplements:

- 100% Whey Protein Powder (any flavor; make sure it's a Protein Isolate)
- BCAA's (Branched Chain Amino Acids)
- a daily Multi-Vitamin
- Fish Oil capsules (for heart health)
- a pre-workout drink (if you want – a cup of coffee will even work for this)

Note: you can get all of these supplements from AllStarHealth.com for very competitive pricing.

Other:

- [Quest Bars](#) (the best-tasting protein bars; great for snacks)