

On-The-Go GROCERY LIST



**SIMPLE ON THE GO GROCERY LIST
TAKES OUT THE GUESS WORK
WHEN SHOPPING FOR HEALTHY CHOICES**

**WHEN SHOPPING FOR HEALTHY CHOICES?
TAKE OUT THE GUESS WORK**

Congratulations! Below is your “On-The-Go Shopping List”

My name is Sylvia Favela, “queen of Pilates”, the Body Weight Pilates expert on strengthening your Core. For over a decade I’ve helped hundreds of people, trainers and professional athletes improve core strength, lean, tone and strengthen their physique with Pilates. These core-strengthening moves will give you a stronger core, improve physical performance, increase muscle endurance, reduce injuries and redefine the midsection through these dynamic Pilates exercises.

In addition to a Body Weight Pilates program it is important to keep a healthy lifestyle by eating well-balanced meals.

Having a busy schedule and trying to balance between work, life, and kids it can become a challenge to stay healthy and eat clean.

Below you will find a done for you grocery shopping list, I’ve taken away all the guesswork that goes into figuring out what to buy when you are the grocery store.

Enjoy!

Sylvia Favela

Body Weight Pilates Expert

www.360PilatesWorkout.com

Exercise/Nutrition Considerations:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medication, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition injury that contraindicates physical activity. This program is designed for healthy individuals.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Disclaimer

This On-The-Go-Shopping-List is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

The Shopping List...

Below is a complete shopping list to make going to the market easy for you. You can easily find the following items at any healthy food store and chain grocery stores.

Nuts & Seeds

Raw Brazilian Nuts - Any health food store

Raw Walnuts - Any health food store

Raw Peanuts - Any health food store

Raw Sunflower Seeds - Any health food store

Raw Cashews - Any health food store

Raw Almonds - Any health food store

Flax Seeds - Any health food store

Oils

Flax Seed Oil - Barlens Brand - Any health food store

Fish Oil - Carlson Brand - Any health food store

Extra Virgin Olive Oil - Any health food store

Herbs & Spices

Stevia - Any health food store

Cinnamon - Any health food store

Black Pepper - Any health food store

Cayenne Pepper - Any health food store

Spike - Any health food store

Mrs. Dash - Any health food store

Dairy

Liquid Egg Whites - Eggology or All Whites – Most Stores (not egg beaters)

Shredded Cheese

Sliced Cheese - Henry's/Trader Joes

Cottage Cheese - Horizon Organic Lowfat 2% - Most stores

String Cheese - Horizon Organic Lowfat – Most stores

Yogurt - Horizon Organic Lowfat – Most stores

Grains & Bread

Rolled Oats (Oatmeal) - Any health food store

Brown Long Grain Basmati Rice - Any health food store

Ezekiel Bread (refrigerate immediately) - Any health food store

Ezekiel Cinnamon Raisin Bread (refrigerate immediately) – Any health food store

Whole Wheat Bread -Orowheat 100% Whole Wheat Light,

Milton's Whole Grain Plus

Vegetables

Red Potato

Avocado

Green Lettuce

Spinach

Celery

Jicama

Cucumber

Carrots

Shredded Carrots

Sprouts

Broccoli

Yam

Sweet Potato

Asparagus

Frozen Mixed Vegetables

Mixed Green Salad

Condiments & Dressings

Salsa

Hot Sauce

Balsamic Vinegar

Vegannaise

Organic Mayonnaise

Mustard

Caesar Dressing

Raw No Salt Peanut Butter

Raw No Salt Almond Butter

Smart Balance Butter

Fruits

Apple

Blueberries

Pear

Orange

Peach

Cherries (fresh unsweetened)

Grapefruit

Apricots

Plums

Grapes

Organic Frozen Berries

Meats

Chicken Breast (I use free range organic)

98% Lean Ground Beef

Turkey Slices

Sirloin Steak

Round Tip Steak

Seafood

Ahi (ocean caught not farm raised)

Mahi Mahi (ocean caught not farm raised)

Halibut (ocean caught not farm raised)

Orange Roughy (ocean caught not farm raised)

Tilapia (ocean caught not farm raised)

Salmon (ocean caught not farm raised)

Tuna

Canned White Tuna in Water

Miscellaneous

Extra Firm Tofu

Dried Shredded Coconut

- No Sugar Added

Raw Coco Nibs

Corn Tortillas

Tortillas

- La Tortilla Factory Low Carb

Corn Tortilla Chips

- Baked Blue Corn Chips –

Organic Chicken Broth (low sodium)

Organic Vegetable Broth (low sodium)

Organic Beef Broth (low sodium)

No Sugar Added Almond

-Blue Diamond Almond Milk

Tea

- Yogi –Mayan Coco Spice –

– Green Tea Mint Garden

- Green Tea Super Antioxidant

- Green Tea Energy

- Echinacea Immune Support

List of Snacks....

Fat Burning Fruits (recommended with a handful of nuts for synergistic, fat burning result)

Apples

Oranges

Cherries 2 cups

Grapefruit

Apricots

Pears

Peaches

Plums

Grapes 1 cup

Nuts

(I avoid peanuts because of some research that suggests negative health effects)

Raw almonds

Raw Cashews

Raw Sunflower Seed

Raw Walnuts

Raw Brazilian Nuts

Veggies

Celery (all you can eat)

Celery with 1 Tbsp. Raw, no salt added almond butter

Cucumber (all you can eat)

Cucumber with 3 Tbsp. Hummus

Carrots

Carrots with spectrum organic Caesar dressing

Steamed Broccoli with spectrum organic Caesar dressing

Jicama (All you can eat)

Jicama with squeezed lemon or lime and cayenne pepper

Baked Blue Corn Chips (a handful – not the whole bag!!!) with salsa and/or guacamole

Cottage Cheese – 1-cup low fat 2%

Cottage Cheese with sliced apples – ½ cup low fat Cottage Cheese, 1 Small Apple

Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)

String Cheese – 1 stick

Yogurt – Plain low fat – 8oz

Yogurt with blueberries – 8 oz. Plain low fat yogurt, ½ cup blueberries

Yogurt with peaches - 8 oz. Plain low fat yogurt, 1 small sliced peach

Yogurt with nuts – 8 oz. fat free plain yogurt, hand full of nuts (about 15)

Low Carb Tortilla with hummus – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp. hummus

Low Carb Tortilla with Peanut Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp. peanut butter

Low Carb Tortilla with Almond Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp. almond butter

Low Carb Tortilla with Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp. smart balance butter

Low Carb Tortilla with salsa and avocado – 1 La Tortilla Factory Low Carb Tortilla, with salsa, 1/3 avocado

Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado

Protein Shake – 1 scoop whey protein, 16 oz. no sugar added almond milk

Cucumber Tuna Boat

Peel cucumber,

Cut in half lengthwise

Scoop out seeds

Fill with canned whit tuna fish in water that has been mixed with Vegannaise (YUM J)

Sweet Tooth Chai Tea

2 Teabags of Yogi Mayan Cocoa Spice Tea

12-16oz No Sugar Added Almond Milk

Dash of Stevia

Mouth Watering Cucumber Jicama Snack

Peel and chop cucumber

Peel and chop jicama

Chop up and enjoy

Suggested Supplements

So Your Joints Wont Hurt

Glucosamine and Chondroitin

For Strong Bones

**Calcium
mg a day**

- Should have anywhere from 1500 to 2000

To Get All Your Vitamins And Minerals

Centrum

- Basic Multi Vitamin

Lowers Your Cholesterol

Pomegranate concentrate

Super Supplement for the Heart and Over All Health

Coenzyme Q10

To Easily Get High Quality Protein

Whey Protein

**MRM Brand – It's relatively inexpensive,
100% all natural, no artificial sweeteners
or flavors and there is 1000mg of L-**

**Glutamine added per serving (to increase
recovery time after workouts)**