



THE MOST IMPORTANT INGREDIENTS FOR YOUR SUCCESS WITH THE HAPPY PLAN ARE MICRO DAILY & PROTEIN DAILY!

### MEATS

- Beef
- Bacon
- Ham
- Sausage
- Pork
- Lamb
- Chicken
- Turkey
- Duck
- Cold cuts (check for added sugars)
- Pepperoni or salami sticks / slices
- Fresh or frozen fish: cod, trout, salmon, tilapia or tuna
- Fresh or frozen shellfish: shrimp, scallops or crab
- Canned fish such as sardines, tuna and salmon, water or oil packed

### DAIRY PRODUCTS

- Eggs
- Heavy cream (Yes! It's ok.)
- Sour cream
- Cream cheese
- Butter
- Cheese: hard cheeses such as cheddar and parmesan
- Cheese: soft cheeses such as muenster and goat
- Greek yogurt, plain, full fat. (Carb count should be less than 10 per serving)

### LOW CARB VEGETABLES

- Bell peppers
- Broccoli
- Cucumbers
- Cabbage
- Cauliflower
- Lettuce (Tip: the large leaves to act as the "bread" for sandwiches)
- Leafy greens such as spinach and kale
- Onions and garlic: for flavorful cooking
- Sprouts for salads
- Summer squash such as zucchini

### FRUIT

- Avocados: Great addition to any meal or as a snack
- Berries: If you do add fruit in to your diet, stick to berries such as strawberries, raspberries and blueberries which are lower in sugar
- Fats help fruit: Eat fresh fruit with a fat (peanut butter, whipped cream, cheese). It slows the blood sugar spike.

## GETTING STARTED: SAMPLE SHOPPING LIST

Keep your home well stocked with the right foods and ingredients to help you stay on course and meet your goals with Coach K.

### PANTRY AND CONDIMENTS

- Tomato products: canned tomatoes and tomato paste (Look the lowest carb count)
- Pasta sauce
- Pizza sauce (No added sugar or thickeners)
- Canned vegetables:
  - Green chiles
  - Roasted red peppers
  - Chipotle peppers
  - Mushrooms
  - Artichoke hearts
  - Sun-dried tomatoes in oil
- Hearts of palm
- Chicken and vegetable stock
- Nut butters (Natural unsweetened)
- Dill pickles and pickle relish
- Mustard
- Cider and wine vinegars
- Hot sauces
- Salsa (Check for added sugar)
- Soy sauce
- Mayonnaise (Look at carb counts, select the lowest)
- Sugar-free salad dressings
- Olives (These are great for snacking)
- Lemon or lime juice (1g of carb per tablespoon)
- Pork rinds (No, I'm not kidding! These are great for snacks)
- Beef jerky or beef sticks

### COOKING AND BAKING INGREDIENTS

- Nut flours (Good to have on hand for baking)
- Sweeteners: Splenda, Stevia Extract, Xylitol
- Herbs and spices (Watch for mixtures with added sugars)
- Extracts: Vanilla, lemon, almond, etc.
- Broth or bouillon
- Cocoa powder
- Gelatin (plain)
- Extra-virgin olive oil
- Peanut oil and coconut oil for cooking
- Sesame oil for salad dressings
- Coconut oil for cooking

### NUTS AND SEEDS

- Nuts: coconut, almonds, hazelnuts, pecans, walnuts, and especially macadamias.
- Seeds: sunflower, pumpkin and sesame seeds.

**Note:** Fruit is optional once you feel you are starting to see some results. The sugars in fruit can slow the process if too much is consumed. When you feel ready to add it in, fruit is a great option for curbing the craving for something sweet, but only in moderation.