



SHOPPING LIST & SAMPLE MEAL PLAN

Vegetables

Asparagus
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac Root
Celery
Collard Greens
Cucumber
Eggplant
Endive
Garlic
Green Beans
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Okra
Onions
Parsnips
Peppers
Pumpkin
Salad Greens
Spaghetti Squash
Spinach
Tomatoes
Turnips
Zucchini

Proteins

Eggs
Beef
Buffalo
Chicken
Cottage Cheese
Fish & Seafood
Plain Greek Yogurt
Lamb
Pork
Turkey
Venison

Fats/Oils

Almonds/Almond Flour
Avocado Oil
Brazil Nuts
Butter/Ghee
Cashews
Cheese
Chia Seeds
Coconut/Coconut Flour
Coconut Oil
Extra Virgin Olive Oil
Flax Seed/Flax Meal
Hazelnuts
Heavy Cream
Macadamia Nuts
Mayonnaise
Peanuts/Peanut Butter
Pecans
Pistachios
Pumpkin Seeds
Sunflower Seeds
Sour Cream
Walnuts

Fruits

Avocado
Blackberries
Blueberries
Cranberries
Grapefruit
Lemon
Lime
Olives
Orange
Raspberries
Rhubarb
Strawberries

Starches

Beans
Chickpeas
Corn/Corn Tortillas
Einkorn Flour
Einkorn Granola
Gluten Free Breads
Oatmeal
Quinoa
Potatoes
Rice

Beverages

Broth
Coffee
Tea
Water

Sweeteners

Stevia
Erythritol/Xylitol
Monk Fruit

Miscellaneous

85% Dark Chocolate
Herbs/Spices
Slique Bars
Slique Shakes
Wine/Clear Spirits

Sample Meal Plan

Breakfast

Protein + Fat + Vegetable

Mid-Morning (optional)

Slique Shake or Slique Bar

Lunch

Protein + Fat + Vegetable
+ Fruit

Mid-Afternoon (optional)

Slique Shake or Slique Bar

Dinner

Protein + Fat + Vegetable
+ Starch

*Throughout the day sip on Slique
Tea and/or water with Slique
Essence.*