

21-Day Pilates Holiday Slimdown

Holiday Grocery Shopping List



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360PILATES WORKOUT – 21-Day Pilates Holiday Slimdown

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Terms & Conditions

- 1. I am aware that 360Pilates Workout and it's member are not medical doctors and are not qualified to determine a participant's physical capability to engage in strenuous exercise.*
- 2. I am aware that 360Pilates Workout and its member are not registered/licensed dietitians are not qualified to provide nutritional counseling and guidance.*
- 3. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any of these exercise contained within this manual.*

INTRODUCTION

Thank you for investing in your health and well being and trusting me to teach you how to accelerate your results through my specific, Pilates series!

This program was designed with a unique philosophy in mind...

Pilates is the Journey to a Healthy-Balanced Strong Body and Mind!

I have created a complete shopping list to make going to the market easy for you. I have also added the stores that I personally shop at to buy these Items for your convenience.

The secret behind the effectiveness of the 21-Day Pilates Holiday Slimdown, is its ability to target multiple muscle groups at once and strengthen the weak muscles. All by teaching them to coordinate as one unit and fire at 100%.

The unique combination means superior results in much less time you would have to spend on traditional training and while keeping your diet clean during so you can enjoy the Holidays.

Have Fun & Enjoy!Sylvia =)



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

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)

99% Lean Ground Turkey

98% Lean Ground Beef

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