

B Fearless

21 Day Mind & Body Reset

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B Fearless 21 Day Reset Grocery List

Each main meal should be balanced with lean protein, complex carbs, vegetables and essential fats.

Snacks can consist of fruit (2-3 servings per DAY), yogurt, protein shake or protein bar, hard boiled eggs, nuts, etc.

- Each meal should have whole, natural foods. Foods that aren't packaged, processed, or preserved.
- Drink a minimum of 12-16 cups of water a day (3-4 liters)
- Avoid foods that are processed, refined, fried, high in saturated fats, high in trans fats and high in sugar content. NO FAST FOOD
- Be conscious of your portion size and savor the food you are eating, take your time.
- Cook at home, restaurants add things such as salt, butter etc. At home you know what's going into your food.

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PROTEIN	FRUIT	VEGETABLES
<ul style="list-style-type: none">• Boneless/skinless chicken breast• Eggs/egg whites• Lean Turkey Breast• Lean Deli Meat• Lean Red Meat• Scallops• Shrimp• Salmon• Tilapia• Tuna• Lamb• Venison and any Lean Wild meat• Protein Powder (Dairy or Plant based)• Protein Bars (Low sugar)• *Tofu• *Vegetarian Meat Substitute	<ul style="list-style-type: none">• Apple• Banana• Blueberries• Cantaloupe• Cherries• Clementines• Dates• Grapes• Kiwi• Lemon• Limes• Mango• Nectarines• Oranges• Peaches• Pears• Pineapple• Raspberries• Strawberries• Watermelon	<ul style="list-style-type: none">• Asparagus• Avocado• Bell Peppers• Broccoli• Brussel Sprouts• Butternut Squash• Cabbage• Carrots• Cauliflower• Celery• Cherry Tomatoes• Corn• Cucumber• Eggplant• Garlic• Jalapenos• Kale• Lettuce• Mushrooms• Onions• Spinach• Sweet Potatoes• Tomato• Zucchini

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BREADS, FLOURS & GRAIN	ESSENTIAL FATS & OILS	DAIRY/DAIRY ALTERNATIVES
<ul style="list-style-type: none">● Ezekiel Bread (frozen / refrigerated section)● Whole Grain Bread● Whole Grain Pasta● Whole Grain Wraps● Whole Grain Flour● Gluten Free Flour● Quinoa Flour● Coconut Flour● Buckwheat● Brown Rice● Quinoa● Spelt● Rice Cakes● Pantry● Black Beans● Chia Seeds● Chickpeas● Coffee (black)● Dark Chocolate (70-80% cacao)● Green Tea● Lentils● Spices● Stevia● Oatmeal (old fashioned or steel)	<ul style="list-style-type: none">● Almonds● Avocado● Avocado Oil● Cashews● Coconut● Coconut Oil● Extra-virgin Olive Oil● Fatty Fish (salmon, sardines, tuna, mackerel & freshwater trout)● Natural peanut butter● Nuts (unsalted, unflavored)● Olives	<ul style="list-style-type: none">● Coconut Milk (unsweetened)● Flax Milk (unsweetened)● Oat Milk (unsweetened)● Rice Milk (unsweetened)● Hemp Milk (unsweetened)● Cashew Milk (unsweetened)● 0% Fat Plain <p>CONDIMENTS</p> <ul style="list-style-type: none">● Apple Cider Vinegar● Balsamic Vinegar● Hot Sauce● Hummus● Mustard● Pico De Gallo● Raspberry Vinaigrette● Vinegar● Pesto <ul style="list-style-type: none">● All Salt Free Spices