DR OZ’S ULTIMATE SHOPPING LIST

GROCERY STORE

TO BLAST BELLY FAT:
• Kale
• Pomegranate Juice

TO BLAST BUTT FAT:
• Mini Babybel Light Cheese
• Low Fat Buttermilk

TO BLAST FAT ALL OVER:
• Buckwheat Pasta
• Polenta

PACKAGED MEALS
• De Wafelbakkers’ All-natural Sweet Potato Pancakes
• Vitalicious Vita-pizza
• Laura’s Lean Beef Pot Roast Au Jus
• Garden Lites’ Roasted Vegetable Soufflé

HEALTH FOOD STORE

• Lesser Evil’s Chia Crisps
• Cacao Nibs
• Sweet Balance Cinnamon Spread
• Bee Pollen

BIG BOX STORE

• Daily Multivitamin
• Organic Chicken Breasts
• Glasses & Contact Lenses

DOLLAR STORE

• First Aid Kit
• Anti-slip Mats
• Electric Socket Covers
• 7 Day Pill Holder
• Clothespins

* Consider the above foods along with other fresh fruits, vegetables and lean proteins.

** Disclaimer: For your convenience, we have listed specific brands, but Dr. Oz and The Dr. Oz Show does not endorse any of the name brand products listed above. If you prefer another brand that has the same ingredients & nutritional value, feel free to use it.