



YourNewLifePath.info.
BeachBodyCoach.com/YourNewLifePath

YourNewLifePath.com
NewLifePathConsulting.com

YourNewLifePath@Gmail.com

RECOMMENDED GROCERIES

Dairy

Fat-Free Milk
Soy* or Almond Milk
Low-Fat or Fat Free Yogurt (watch for sugar or "fruit on bottom")
Fat-Free Cottage Cheese
Fat-Free Cheese

Fats

Olives
Avocados
Flax Seed Oil
Extra Virgin Olive Oil*
Canola Oil

Starches

Ground Flax Seed*
Oatmeal* (plain, old-fashioned, Irish, or steel-cut style.)
Whole Wheat Bread
Multi-Grain Bread
Whole-Wheat Tortillas or Pita Bread
Sweet Potatoes
Long-Grain Brown Rice
Whole-Wheat Pasta*
Hominy
Beans
Lentils

Vegetables

Romaine Lettuce
Spinach
Broccoli
Celery
Asparagus
Grape Tomatoes
Carrots
Cucumbers
Bell Peppers
Mushrooms

Fruit

Apples
Bananas
Oranges
Mangos
Pineapple (fresh or canned in water)
Grapes
Kiwi
Blueberries
Strawberries

Protein

Chicken* (boneless, skinless breast or canned*)
Fish* (salmon, tuna*, albacore*, tilapia, red snapper, halibut)
Shellfish (shrimp, crab, lobster)
Beef (flank, shoulder, loin, visible fat trimmed, extra-lean ground)
Turkey (white breast meat - watch for high sodium)
Pork (tenderloin only)
Jerky* (plain flavor - watch for high sodium)
Tofu
Eggs

Condiments

Mayonnaise* (fat-free or canola-infused*)
Mustard
Honey*
Salsa*
Fruit Spread*
Hummus
Sugar-Free Preserves/Jam
Extra-Virgin Olive Oil*
Low-Sodium Worcestershire Sauce
Pico de Gallo
Fat-Free Coffee Creamer
Fat-Free Ranch Dressing
Splenda*
Marinara Sauce*
Balsamic Vinigar
Ketchup* (watch sugar and sodium - use in moderation)
BBQ Sauce* (watch sugar and sodium - use in moderation)
Hot Sauce (watch sodium)

Beverages

Water* (preferably Perfect Water* for training)
Green Tea*
Fresh-Squeezed Orange Juice (no added sugar)
Diet Soda (in moderation)
Coffee* (in moderation, decaf preferred)
XS Energy Drink* (great when taken Pre-Workout)

Nuts & Seeds

Peanuts* (raw and unsalted)
Peanut Butter* (low-salt, natural)
Almonds* (raw and unsalted)
Cashews* (raw and unsalted)
Walnuts (raw and unsalted)
Sunflower Seeds (raw and unsalted)
Edemame (soybeans)
Pine Nuts
Trail Mix*

* can be conveniently purchased
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RECOMMENDED GROCERIES

Snack Foods Exclusively Available Through Your New Life Path

BeachBody Meal Replacement Shake**
BeachBody Peak Performance Bars**
BeachBody Shakeology**
BeachBody Shakeology Fiber Boost**
Intelligence for Your Life All Natural Almond Clusters*
Intelligence for Your Life Almond Nut Bar*
Intelligence for Your Life Steel-Cut Oat Bar: Apple Cinnamon*
Intelligence for Your Life Steel-Cut Oat Bar: Blueberry*
Nutrilite CrunchZone Snack Chips: Honey BBQ*
Nutrilite Invisi-fiber*
Nutrilite Meal Bar: Blueberry Crunch*
Nutrilite Meal Bar: Cherry Almond*
Nutrilite Meal Bar: Chocolate Crisp*
Nutrilite Meal Bar: Lemon Twist*
Nutrilite Meal Bar: Variety Pack*
Nutrilite Meal Replacement Shake: Chocolate*
Nutrilite Meal Replacement Shake: French Vanilla*
Nutrilite Protein Shake: Chocolate Fudge*
Nutrilite Protein Shake: Mixed Berry Smoothie*
Nutrilite Protein Shake: Vanilla*
Nutrilite Recovery Cookie*
Nutrilite Snack Bar: Caramel Crème*
Nutrilite Snack Bar: Chocolate Caramel*
Nutrilite Snack Bar: Cranberry Crunch*
Nutrilite Snack Bar: Fudgy Brownie with Almonds*
Nutrilite Snack Bar: Variety Pack*
Smart Menu All Natural Hi-Protein Crunch Cereal*
Smart Menu Baked Crisps Variety Pack*
Smart Menu Beef Jerky Assortment*
Smart Menu Beef & Turkey Bites*
Smart Menu Good Health Garden Veggie Crinkle Chips*
Smart Menu Heart Healthy Mixed Nuts*
Smart Menu Honey, Nuts & Fruits Trail Mix*
Smart Menu Multigrain Chips Variety Pack*
Smart Menu Premium Fruit & Nut Mix*
Smart Menu Roasted Nut Variety Pack*

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