

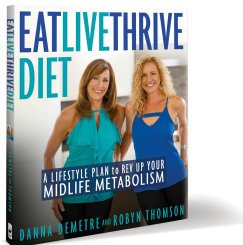
Lean Healthy Ageless

Thanks for joining us on our shopping spree through Costco! We use most of the items on this list on a regular basis. Most are “approved” for all phases of our **Eat Live Thrive Diet** (Elimination – Discovery – Lifestyle). We’ve listed items that are recommended only during our “Lifestyle Phase” at the bottom of the list and noted them with an (L).

Costco Favorites:

- Lindsay Naturals California Large Black Ripe Pitted Olives – Pak of 8 cans
- Kirkland Spanish Green Olives stuffed with minced pimiento – 2 Pak
- Hatch Valley Flame Roasted Green Chiles (freeze in small containers for later use)
- Milton’s Cauliflower Crust Pizza - ¼ pizza: 250 calories, 26 carbs
- Organic Riced Cauliflower (Frozen) 4 – 12 ounce bags
- Organic Root Medley (Frozen) – golden beets, parsnips, purple carrots and sweet potato 4 – 16 ounce steamer bags.
- Multi-Colored Cauliflower (Frozen) – green, white, purple & yellow
- Columbus Hickory Smoked Uncured Turkey Bacon – No nitrates
- AMYLU Organic Kale & Mozzarella Charbroiled Chicken Burgers
- Columbus Herb Roasted Sliced Turkey – Raised without antibiotics and hormones
- Quick N Eat Fully Cooked Angus Choice Beef Patties
- Kirkland Canned Wild Alaskan Pink Salmon
- Wild Planet Albacore Wild Tuna
- Victoria White Linen Marinara Sauce – 2 Pak (imported from Italy made with olive oil)
- Bertolli Organic Olive Oil, Basil & Garlic tomato sauce
- Chosen Foods Avocado Oil Spray – 2 Pak

- Kirkland Organic Virgin Coconut Oil
- Chosen Foods 100% Pure Avocado Oil
- Chosen Foods Traditional Mayo 100% Avocado Oil Based
- Kirkland Organic Pure Maple Syrup
- Kirkland Organic Unsweetened Almond Milk (Vanilla Flavor) – 6 Pak
- Italian Volcano 100% Organic Lemon Juice – 2 Pak
- Better Than Bouillon Organic Roasted Chicken Base
- Kind Minis – 36 bars – 100 calories each (L)
- Kirkland Organic Valencia Peanut Butter – 2 Pak (L)
- Coconut Clusters – ½ cup 160 calories, 11 gm carbohydrate (L)
- Autumn’s Gold Grain Free Granola Bars – great to sprinkle on Greek yogurt (L)



Discover how mature women are losing weight and feeling younger using our **Eat Live Thrive Diet**. Visit: www.EatLiveThriveDiet.com

To your best health,



Danna & Robyn