

Accelerated Fat Burning Eating Plan



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Accelerated Fat Burning Shopping List

Veggies

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Beans
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard Greens
- Cucumbers
- Dill
- Eggplant
- Escarole
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Peas
- Peppers (all)
- Pickles (w/out sugar)
- Radishes
- Salsa (w/out sugar)
- Sauerkraut
- Seaweed
- Spinach
- Squash
- String beans
- Sugar snap peas
- Sweet Potatoes
- Tomatoes (sm. amount)
- Turnip greens
- Turnips
- Water Chestnuts
- Zucchini
- *Lemons/Limes

***Note:** You should be eating vegetables only; Exceptions are Lemon and Limes.

***Paradise Proteins & Greens or other plant based protein with at least 15 grams of protein/serving

Beverages

- Water (Preferable alkaline)
- Organic Tea
- Organic Coffee

Protein

- Paradise Protein & Greens
- Hormone Free-range Chicken
- Organic Eggs (yolks and whites)
- Grass Fed Beef/Bison/Buffalo (available at Trader Joes/Costco)
- Wild Caught Fish (Salmon, Mahi, Tuna)
- Organic Bacon (no sugar added)
- Pork (Last Choice)

Legumes (½ to 1 ½ cups daily)

- Organic Lentils
- Organic Black Beans
- Organic Pinto Beans
- Organic Red Beans

Condiments/Other

- Coconut Cream (2 tbsp/day max)
- Balsamic Vinegar
- Mustard
- Garlic Powder
- Spices
- Organic Grass Fed Butter
- Montreal Steak Rub
- Apple Cider Vinegar
- Olive Oil
- Macadamia Oil
- Stevia

Borderline Foods (only have specified amounts 3-4x's a week)

- 1/4 cup Organic Hummus
- 1/4 cup Pecans, Walnuts, or Almonds
- 2 oz. of Grass Fed Cheese (*2 oz. looks like 4 dice)

NO:

- Bread/Tortillas/Cereal
- Grains/Quinoa/Rice
- Dairy/Refined Soy
- Sugar
- Fruit
- Potatoes
- Corn
- Ketchup

Sample Eating Menu (Accelerated Fat Burning Plan)

Morning Meal (sunrise meal) ***30 -60 minutes upon rising***

Egg Omelet with Onions, Spinach, and Mushrooms
½ cup Black Beans
Guacamole

Lunch Meal

Salmon Salad

Salad Mix

- Spinach
- Broccoli
- Chopped Celery
- Chopped Carrots
- Green Bell Peppers
- Chopped Almonds

Salmon

- Salmon or Salmon Patty (Trader Joes)
- Seasoned with Sea Salt, Spike Seasoning, and Paprika
- Cut Salmon into a bunch of bite size pieces

Mix altogether with some dressing approved by Dr. Linda!

Midmorning or Midafternoon snack

Sweet potato with 1 Tbsp. Grass Fed Butter & Cinnamon
Broccoli with Garlic Paste or Hummus

Dinner Meal

Stir Fry Kale Mix with Ground Beef or Bison
Meatloaf with some vegetables

Beverages & Other Super foods

Organic Caffeine-free Tea

Iced Organic Tea

- Organic Green Tea with Blueberry and Pomegranate from Trader Joes
- Lemon Juice (amount based on how tart you like your tea)
- Stevia (for Sweetness)
- Ice

Food Examples for the Accelerated Fat Burning Plan



Apple Cider Vinegar



Just Like Sugar



Kal Stevia



Organic Sauerkraut



Great Lakes Gelatin



Coconut Milk



Paradise Protein & Greens



Kerry Gold Grass Fed Butter



Garlic Paste



Coconut Wraps



Trader Joe's Chicken Sausage



Applegate Cold Cuts



Kombucha Tea



Grass Fed Beef



Sprouted Seeds



Grass Fed Beef Burgers



Grass Fed Bison/Buffalo Burger



Sockeye Salmon Fillets



Organic Free Range Chicken



Applegate Farms Breakfast Sausage



Applegate Naturals Uncured Sunday Bacon