

THE ABS DIET START-UP KIT

THIS SIMPLE SHOPPING LIST will give you everything you need to dive right into the New Abs Diet and the Abs Diet Workout.

BUY ONCE

Blender	Ground flaxseed, 1 pint	Multivitamins, such as Centrum, 1 jar
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BASIC SHOPPING LIST—THE ABS DIET POWER 12 AND RELATED FOODS

A lmonds, slivered or whole	P eanut butter, all-natural (no added sugar)	Plus:	Long-grain rice
B eans of choice	O live oil	Black beans	Mixed greens
S pinach, fresh or frozen	W hole-grain breads and cereals	Blueberries, frozen	Pecans
D airy (fat-free or low-fat milk and vanilla yogurt)	E xtra-protein (whey) powder, vanilla and chocolate, 1-quart containers	Canned tuna	Pine nuts
I nstant oatmeal (unsweetened, unflavored)	R aspberries, fresh and frozen	Cannellini beans	Roasted cashews and peanuts, unsalted
E ggs		Chicken breast	Shrimp, frozen
T urkey, sliced		Craisins (dried, sweetened cranberries)	Strawberries, fresh or frozen
		Garbanzo beans	Trout, smoked salmon, or other lean fish of choice
		Grapefruit	Whole-wheat pasta
		Green vegetables of choice	
		Italian salad greens	
		Lean ground beef	

SHOPPING LIST-INGREDIENTS FOR RECIPES
(SEE RECIPES FOR INDIVIDUAL AMOUNTS)

Avocado	Flour	Low-fat ice cream (vanilla and butter pecan)	Raisins
Baby carrots	French baguette	Low-fat Italian salad dressing packet	Red and Granny Smith apples
Balsamic and red wine vinegars	French green beans	Maple syrup	Reduced-sodium soy sauce
Bananas	Fresh ginger	Mexican-style tomatoes	Roasted red peppers
Barbecue sauce	Garlic	Mint, fresh or dried	Romaine lettuce
Basil	Green and red bell peppers	Mushrooms	Rosemary
Beef jerky	Ground buffalo	Navy beans	Rye bread
Brown rice	Guacamole	Onions, green, red, and white	Salsa
Canadian bacon	Hoisin sauce	Onion soup mix	Saltine crackers or bread crumbs
Canned chicken stock	Honey	Orange juice	Sauerkraut
Canned mandarin orange slices	Honeydew melon	Oranges	Spaghetti sauce
Canned peeled tomatoes	Honey-wheat English muffins	Oregano	Stir-fry sauce
Canned pumpkin	Instant grits	Paprika	Steel-cut oats
Cantaloupe	Italian-seasoned bread crumbs	Parsley	Sweet corn
Carnation Instant Breakfast packets	Italian seasoning	Peanut oil	Tabasco sauce
Cayenne pepper	Jalapeño peppers	Pork chops, boneless	Tomatoes
Celery	Ketchup	Portobello mushrooms	Tomato sauce
Chili powder	Lean sirloin steak	Prosciutto	Tortilla chips
Chives	Lean sliced roast beef	Red pepper flakes	Trans fat-free margarine
Chocolate syrup	Lemons and limes	Reduced-fat cheese (American, blue cheese, Cheddar, cottage, cream, feta, mozzarella, ricotta, Swiss)	Turkey bacon
Cilantro	Lemon juice concentrate, frozen	Raisin bread	Turkey sausage
Cinnamon	Low-fat balsamic vinaigrette, ranch, and Thousand Island salad dressings		Watermelon
Corn, frozen			Whole-wheat pitas
Cornmeal			Whole-wheat toaster waffles
Cucumber			Whole-wheat tortillas
Curry powder			Worcestershire sauce
Dijon mustard			
Dried chili mix			
Fat-free mayonnaise			
Flat bread			

FOR AT-HOME EXERCISE

(A GYM SHOULD HAVE ALL NECESSARY EQUIPMENT)

Exercise mat
(optional)

One or two pairs
of medium-weight
dumbbells (5 to
25 pounds for
someone with some
experience lifting
weights; lighter for
beginners)

Running shoes

Flat bench
(optional but
recommended)

Swiss ball (optional
but recommended)

Exercise bands for
resistance training
while traveling or
at home