

## Dr. V' SHOPPING LIST

| Category |              |                                                                |                                                                                        |                                                                                       |
|----------|--------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Protein  | Store Name   | Nutrition Facts                                                | Item Name                                                                              | Image                                                                                 |
|          | Amazon Fresh | Selfie Protein Equivalent:<br>8 oz/day,<br>Measure for weight  | <a href="#">Del Real Seasoned Shredded Beef</a>                                        |    |
|          | Amazon Fresh | Selfie Protein Equivalent:<br>8 oz/day,<br>Measure for weight  | <a href="#">Amazon.com: Applegate, Natural Grilled Chicken Breast Strips. 8oz</a>      |   |
|          | Amazon Fresh | Selfie Protein Equivalent:<br>8 oz/day,<br>Measure for weight  | <a href="#">Amazon.com: Jennie-O, All Natural Turkey Sausage. 16 oz</a>                |  |
|          | Amazon Fresh | Selfie Protein Equivalent:<br>3 links=2 oz                     | <a href="#">Butterball All Natural Turkey Breakfast Sausage Links. 8 oz., 12 links</a> |  |
|          | Amazon Fresh | Selfie Protein Equivalent:<br>8 oz/week,<br>Measure for weight | <a href="#">Amazon.com: Ducktrap Lightly Smoked Atlantic Salmon 10oz. 2 portions</a>   |  |

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|  | Amazon Fresh | Selfie Protein<br>Equivalent:<br>8 oz/day,<br>Measure for<br>weight | <a href="#">Applegate,<br/>Natural Oven<br/>Roasted<br/>Chicken Breast,<br/>7oz</a>     |    |
|  | Sprouts      | Selfie Protein<br>Equivalent: 1<br>pattie=2 oz                      | <a href="#">Applegate No<br/>Sugar Chicken<br/>&amp; Herb<br/>Breakfast<br/>Sausage</a> |    |
|  | Sprouts      | Selfie Protein<br>Equivalent:<br>8 oz/day,<br>Measure for<br>weight | <a href="#">Sprouts Just<br/>Chicken All<br/>White Meat</a>                             |    |
|  | Sprouts      | Selfie Protein<br>Equivalent:<br>8 oz/day,<br>Measure for<br>weight | <a href="#">Kevin's Natural<br/>Foods Cilantro<br/>Lime Chicken</a>                     |   |
|  | Sprouts      | Selfie Protein<br>Equivalent:<br>8 oz/wk,<br>Measure for<br>weight  | <a href="#">Safe Catch<br/>Citrus Pepper<br/>Elite Wild Tuna<br/>Single Pouch</a>       |  |
|  | Sprouts      | Selfie Protein<br>Equivalent:<br>8 oz/wk,<br>Measure for<br>weight  | <a href="#">Safe Catch Elite<br/>Wild Tuna<br/>Single Pouch</a>                         |  |
|  | Sprouts      | Selfie Protein<br>Equivalent:<br>8 oz/wk,<br>Measure for<br>weight  | <a href="#">Safe Catch Slow<br/>Cooked<br/>Premium Wild<br/>Yellowfin Ahi<br/>Tuna</a>  |  |

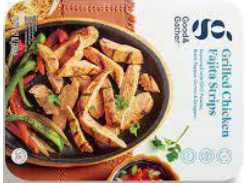
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|  | Sprouts      | Selfie Protein Equivalent: 8 oz/day, Measure for weight | <a href="#">Orca Bay Wild Cod Fillets</a>                                   |    |
|  | Sprouts      | Selfie Protein Equivalent: 8 oz/wk, Measure for weight  | <a href="#">Sprouts Wild Caught Frozen Ahi Tuna Steaks</a>                  |    |
|  | Sprouts      | Selfie Protein Equivalent: 3 links=3 oz                 | <a href="#">Amylu Breakfast Time Chicken Mini Links</a>                     |    |
|  | Sprouts      | Selfie Protein Equivalent: 8 oz/day, Measure for weight | <a href="#">Sprouts Cilantro Lime Boneless Chicken Breast</a>               |   |
|  | Sprouts      | Selfie Protein Equivalent: 1 pattie=4 oz                | <a href="#">Diestel Family Ranch Organic Turkey Burgers Butcher Quality</a> |  |
|  | Sprouts      | Selfie Protein Equivalent: 4 meatballs=3 oz             | <a href="#">Amylu Sea Salt &amp; Cracked Black Pepper Chicken Meatballs</a> |  |
|  | Trader Joe's | Selfie Protein Equivalent: 1 pattie=1.5 oz              | <a href="#">Chicken Breakfast Sausage Patties   Trader Joe's</a>            |  |

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|-----------------------------------------------------------------------------------|--------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>sausage=2.0 oz                  | <a href="#">Spicy Jalapeño<br/>Chicken<br/>Sausage  <br/>Trader Joe's</a>        |    |
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>sausage=2.0 oz                  | <a href="#">Organic Sweet<br/>Italian Chicken<br/>Sausage  <br/>Trader Joe's</a> |    |
|  | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>sausage=2.5 oz                  | <a href="#">Sweet Italian<br/>Chicken<br/>Sausage</a>                            |    |
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>Slice=1.5 oz                    | <b>Uncured<br/>Turkey Bacon</b>                                                  |    |
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>sausage=2.0 oz                  | <b>Spicy Italian<br/>Sausage</b>                                                 |  |
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>meatball=1 oz                   | <a href="#">Chicken<br/>Meatballs</a>                                            |  |
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent:<br>8 oz/wk<br>1 packet=3 oz          | <a href="#">Wild Tuna</a>                                                        |  |
|                                                                                   | Trader Joe's | Selfie Protein<br>Equivalent:<br>measure each<br>fillet for weight | <a href="#">Branzino Fillets</a>                                                 |  |

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|                                                                                     | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>burger=4 oz                      | <a href="#">Turkey Burger</a>                                       |    |
|                                                                                     | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>burger=3.5 oz                    | <b>Shrimp Burger</b>                                                |    |
|                                                                                     | Trader Joe's | Selfie Protein<br>Equivalent: 1<br>burger=3.5 oz                    | <b>Mahi Mahi Burgers</b>                                            |    |
|                                                                                     | Trader Joe's | Selfie Protein<br>Equivalent:<br>8 oz/day,<br>Measure for<br>weight | <a href="#">Pulled Chicken<br/>Salsa Verde</a>                      |   |
|  | Trader Joe's | Selfie Protein<br>Equivalent:<br>8 oz/day,<br>Measure for<br>weight | <a href="#">Sous Vide<br/>Turkey Breast<br/>Tenderloins</a>         |  |
|  | Trader Joe's | Selfie Protein<br>Equivalent:<br>8 oz/day,<br>Measure for<br>weight | <a href="#">Sous Vide<br/>Chicken<br/>Thighs   Trader<br/>Joe's</a> |  |

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|  | Trader Joe's | Selfie Protein Equivalent:<br>8 oz/day,<br>Measure for weight | <a href="#">Grilled Chicken Strips   Trader Joe's</a>                                                |    |
|                                                                                   | Trader Joe's | Selfie Protein Equivalent:<br>measure for weight              | <b>Ground Turkey 93% lean</b>                                                                        |    |
|                                                                                   | Trader Joe's | Selfie Protein Equivalent:<br>measure for weight              | <b>Ground Beef 97% lean</b>                                                                          |    |
|                                                                                   | Trader Joe's | Selfie Protein Equivalent:<br>measure for weight              | <b>Ground Chicken</b>                                                                                |   |
|                                                                                   | Trader Joe's | Selfie Protein Equivalent:<br>measure for weight              | <a href="#">Delicatessen Roast Beef</a>                                                              |  |
|                                                                                   | Trader Joe's | Selfie Protein Equivalent:<br>measure for weight              | <a href="#">Organic Oven Roasted Turkey Breast   Trader Joe's</a><br><br><i>One of my favorites!</i> |  |
|                                                                                   | Trader Joe's | Selfie Protein Equivalent:<br>measure for weight              | <a href="#">Wild Sockeye Smoked Salmon</a>                                                           |  |



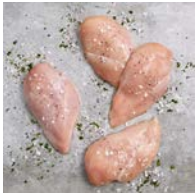
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|  | Trader Joe's | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#"><u>Wild Raw<br/>Argentinian<br/>Red Shrimp  <br/>Trader Joe's</u></a>                                                                   |    |
|                                                                                   | Target       | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#"><u>Grilled Fajita<br/>Chicken Breast<br/>Strips - 12oz -<br/>Good &amp;<br/>Gather™ :<br/>Target</u></a>                                |    |
|                                                                                   | Target       | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#"><u>Grilled Chicken<br/>Breast Strips -<br/>12oz - Good &amp;<br/>Gather™ :<br/>Target</u></a>                                           |    |
|                                                                                   | Target       | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#"><u>Shredded<br/>Chicken - 12oz<br/>- Good &amp;<br/>Gather™ :<br/>Target</u></a>                                                        |   |
|                                                                                   | Target       | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#"><u>Cajun<br/>Seasoned<br/>Grilled Chicken<br/>Breast Strips -<br/>12oz - Good &amp;<br/>Gather™ :<br/>Target</u></a>                    |  |
|                                                                                   | Target       | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#"><u>Boneless &amp;<br/>Skinless<br/>Chicken Breast<br/>Tenderloins -<br/>Frozen - 40oz -<br/>Good &amp;<br/>Gather™ :<br/>Target</u></a> |  |

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|  | Target | Selfie Protein Equivalent:<br>measure for weight                  | <a href="#">Organic Extra-firm Gluten Free Plant Based Tofu - 14oz - Good &amp; Gather™ : Target</a>                        |           |
|  | Target | Selfie Protein Equivalent:<br>measure for weight<br>1 pattie=4 oz | <a href="#">93/7 Ground Beef Burger Patties - 1lb - Good &amp; Gather™ : Target</a>                                         | <br>2.261 |
|  | Target | Selfie Protein Equivalent:<br>measure for weight<br>1 pattie=4 oz | <a href="#">All Natural 93/7 Ground Turkey Burger Patties - 1lb - Good &amp; Gather™ : Target</a>                           |           |
|  | Target | Selfie Protein Equivalent:<br>measure for weight                  | <a href="#">Peppercorn Crusted Beef Sirloin Petite Steak - Price Per Lb - Good &amp; Gather™ : Target</a>                   |          |
|  | Target | Selfie Protein Equivalent: 1 slice=1.5 oz                         | <a href="#">Applewood Smoked Uncured Turkey Bacon - 8oz - Good &amp; Gather™ : Target</a>                                   |         |
|  | Target | Selfie Protein Equivalent:<br>measure for weight                  | <a href="#">Jumbo Tail On Peeled &amp; Deveined Raw Shrimp - Frozen - 26-30ct Per Lb/16oz - Good &amp; Gather™ : Target</a> |         |



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|  | Target | Selfie Protein<br>Equivalent: 1<br>burger=3.5 oz       | <a href="#">Alaska Salmon<br/>Burger Patties<br/>- Frozen -<br/>16oz/4ct -<br/>Good &amp;<br/>Gather™ :<br/>Target</a>                       |    |
|  | Target | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#">Wild Caught<br/>Sea Scallops -<br/>Frozen - 16oz -<br/>Good &amp;<br/>Gather™ :<br/>Target</a>                                   |    |
|  | Target | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#">Wild Caught<br/>Mahi Mahi<br/>Skinless<br/>Boneless<br/>Filletlets - Frozen<br/>- 16oz - Good &amp;<br/>Gather™ :<br/>Target</a> |    |
|  | Target | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#">Alaska Cod<br/>Skinless<br/>Boneless<br/>Filletlets - Frozen<br/>- 16oz - Good &amp;<br/>Gather™ :<br/>Target</a>                |  |
|  | Target | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#">Applegate<br/>Natural Sliced<br/>Oven Roasted<br/>Turkey Breast -<br/>7oz : Target</a>                                           |  |
|  | Target | Selfie Protein<br>Equivalent: 1<br>burger=5 oz         | <a href="#">Turkey Burger<br/>Patties -<br/>Frozen -<br/>2lbs/6ct - Good<br/>&amp; Gather™ :<br/>Target</a>                                  |  |

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|                                                                                     | Target    | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <a href="#">Oscar Mayer<br/>Deli Fresh<br/>Oven Roasted<br/>Turkey Breast<br/>Sliced Lunch<br/>Meat Family<br/>Size - 16oz :<br/>Target</a> |    |
|                                                                                     | Target    | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Beef for<br/>Sandwich<br/>Steaks</b>                                                                                                     |    |
|                                                                                     | Target    | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Sirloin Steak<br/>Strips</b>                                                                                                             |    |
|                                                                                     | Target    | Selfie Protein<br>Equivalent: 1<br>pattie=2 oz         | <a href="#">Morningstar<br/>Farms Veggie<br/>Breakfast<br/>Original<br/>Sausage<br/>Frozen Patties<br/>- 8oz : Target</a>                   |  |
|                                                                                     | Costco    | Selfie Protein<br>Equivalent: 1<br>link=3 oz           | <b>Amylu brand<br/>Andouille<br/>paleo chicken<br/>sausage</b>                                                                              |  |
|  | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weigh  | <b>USDA Choice<br/>Beef Outside<br/>Skirt Steak</b>                                                                                         |  |

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|                                                                                   | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Mahi Mahi<br/>Bites</b>                                                                      |    |
|  | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Skinless<br/>Tilapia Loins</b><br><br><i>Try with TJ's<br/>Cauliflower<br/>Mexican Rice!</i> |    |
|  | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Chicken<br/>Tenders</b>                                                                      |    |
|                                                                                   | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Antibiotic Free<br/>Chicken Thin<br/>Sliced Breasts</b>                                      |   |
|                                                                                   | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Chicken Breast<br/>Antibiotic Free</b>                                                       |  |
|                                                                                   | Wild Fork | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Garlic Herbed<br/>Chicken Breast<br/>Strips<br/>Antibiotic Free</b>                          |  |
|                                                                                   | Wild Fork | Selfie Protein<br>Equivalent: 1<br>sausage=1 oz        | <b>Chicken<br/>Breakfast<br/>Sausage</b><br><br><i>One of my<br/>favorites!</i>                 |  |

|            | Wild Fork    | Selfie Protein<br>Equivalent:<br>measure for<br>weight | <b>Organic<br/>Chicken Breast<br/>Strips</b><br><br><i>Easy to cook<br/>and use with<br/>any dish!</i> |    |
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| Vegetables | Store Name   | Nutrition<br>Facts                                     | Item Name                                                                                              | Image                                                                                 |
|            | Amazon Fresh | Allowed<br>Veggies: 4<br>cups/day                      | <a href="#">Amazon.com:<br/>Grillo's Pickles<br/>Classic Dill<br/>Pickle Spears,<br/>32 Fl Oz</a>      |    |
|            | Sprouts      | Occasional<br>Veggies: 4<br>cups/week                  | <a href="#">Palmini Hearts<br/>Of Palm Angel<br/>Hair Pasta<br/>Pouch</a>                              |    |
|            | Sprouts      | Allowed<br>Veggies: 4<br>cups/day                      | <a href="#">Sprouts<br/>Organic Riced<br/>Cauliflower</a>                                              |  |
|            | Sprouts      | Allowed<br>Veggies: 4<br>cups/day                      | <a href="#">Sprouts<br/>Organic Riced<br/>Broccoli</a>                                                 |  |
|            | Sprouts      | Allowed<br>Veggies: 4<br>cups/day                      | <a href="#">Sprouts<br/>Mediterranean<br/>Style Riced<br/>Cauliflower</a>                              |  |
|            | Trader Joe's | Allowed<br>Veggies: 4<br>cups/day                      | <a href="#">Cauliflower<br/>Mexican Rice</a>                                                           |  |

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|  | Trader Joe's | Allowed<br>Veggies: 4<br>cups/day                            | <b>Asparagus<br/>Spears</b>                                       |    |
|  | Trader Joe's | Allowed<br>Veggies: 4<br>cups/day                            | <b>Organic<br/>Rainbow<br/>Cauliflower</b>                        |    |
|  | Trader Joe's | Occasional<br>Veggies: 4<br>cups/week                        | <b>Heats of Palm<br/>Pasta</b>                                    |    |
|  | Trader Joe's | Occasional<br>Veggies: 4<br>cups/week                        | <a href="#"><u>Hearts of Palm<br/>Riced</u></a>                   |   |
|  | Trader Joe's | Allowed<br>Veggies: 4<br>cups/day                            | <b>Sauerkraut</b>                                                 |  |
|  | Trader Joe's | Occasional<br>Veggies: 4<br>cups/wk<br>Great for<br>snacking | <a href="#"><u>Jicama Sticks</u></a>                              |  |
|  | Target       | Allowed<br>Veggies: 4<br>cups/day                            | <b>Mini Sweet<br/>Peppers - 16oz<br/>- Good &amp;<br/>Gather™</b> |  |

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|  | Target    | Allowed Veggies: cooked 4 cups/day;<br>Raw unlimited             | <b>Sliced White Mushrooms - 8oz - Good &amp; Gather™</b>                                                   |    |
|  | Target    | Allowed Veggies: 4 cups/day;<br>Only onions that could be cooked | <b>Green Onions - 5.5oz - Good &amp; Gather™</b>                                                           |    |
|  | Target    | Allowed Veggies: 4 cups/day                                      | <a href="#"><u>Organic Kosher Hamburger Dill Pickle Chips - 32 Fl Oz - Good &amp; Gather™ : Target</u></a> |    |
|  | Target    | Allowed Veggies: 4 cups/day                                      | <a href="#"><u>Organic Kosher Dill Pickle Spears - 24 Fl Oz - Good &amp; Gather™ : Target</u></a>          |   |
|  | Wild Fork | Allowed Veggies: 4 cups/day                                      | <b>Baby Brussel Sprouts</b>                                                                                |  |
|  | Wild Fork | Allowed Veggies: 4 cups/day                                      | <b>Broccoli &amp; Cauliflower Blend</b>                                                                    |  |
|  | Wild Fork | Allowed Veggies: 4 cups/day                                      | <b>Broccoli florets</b>                                                                                    |  |



|                   |              |                                   |                                            |                                                                                       |
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|                   | Wild Fork    | Allowed<br>Veggies: 4<br>cups/day | <b>Chopped Kale</b>                        |    |
|                   | Wild Fork    | Allowed<br>Veggies: 4<br>cups/day | <b>Mushroom<br/>Medley</b>                 |    |
|                   | Wild Fork    | Allowed<br>Veggies: 4<br>cups/day | <b>Cut Asparagus</b>                       |    |
|                   | Wild Fork    | Allowed<br>Veggies: 4<br>cups/day | <b>Organic Riced<br/>Cauliflower</b>       |   |
|                   | Wild Fork    | Allowed<br>Veggies: 4<br>cups/day | <b>Organic<br/>Rainbow<br/>Cauliflower</b> |  |
|                   | Wild Fork    | Allowed<br>Veggies: 4<br>cups/day | <b>Zucchini<br/>Spirals</b>                |  |
| <b>Seasonings</b> | Trader Joe's |                                   | <b>Tajin Powder</b>                        |  |

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|  |              |                                                                                | <b>Cholula<br/>Original Hot<br/>Sauce</b>                                     |    |
|  |              |                                                                                | <b>Old El Paso<br/>Taco<br/>Seasoning Mix,<br/>Original Flavor</b>            |    |
|  | Trader Joe's | Use Sparingly:<br>Great as<br>sandwich<br>spread or as<br>omelet<br>seasoning. | <b>Chimichury<br/>Sauce</b>                                                   |    |
|  | Trader Joe's | Use Sparingly:<br>Great as<br>sandwich<br>spread                               | <b>Mustard</b>                                                                |   |
|  | Target       | Use Sparingly:<br>Great as<br>sandwich<br>spread                               | <b>Gray Poupon<br/>Dijon Mustard</b>                                          |  |
|  | Target       | Use Sparingly:<br>Great with Dr. V<br>chips or use for<br>mexican omelet       | <a href="#">Mild Jalapeno Salsa - 16oz - Good &amp; Gather™ : Target</a>      |  |
|  | Target       | Use Sparingly:<br>Great with Dr. V<br>chips or use for<br>mexican omelet       | <a href="#">Medium Salsa Verde Salsa - 16oz - Good &amp; Gather™ : Target</a> |  |

|                      |        |                                              |                                                                         |                                                                                                        |
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|                      | Target | Use Sparingly                                | <a href="#">Non-pareil Capers - 3.5oz - Good &amp; Gather™ : Target</a> |                     |
| Sodas & Refreshments |        |                                              | La Croix Sparkling Water                                                |                     |
|                      |        | Use only these flavors maximum of 2 per day. | Spindrift Sparkling Water                                               | <div>Lemon Limeade</div> <div>Lime</div> <div>Lemon</div> <div>Half &amp; Half</div> <div>Nojito</div> |

### Explanation of the columns:

- **Nutrition Facts:**
  - **Selfie Protein Equivalent:** The amount of protein in ounces (oz).
- **Store Name:** The store where each item is typically found or purchased.