



[SLS] APPROVED SHOPPING LIST

365 BRAND

- 365 Everyday Value Spices (All)
- 365 Organic Canned Fruits & Vegetables (All)
- 365 Sea Salt (Coarse & Fine Crystals)
- 365 Whole Wheat Flour
- 365 Organic Whole Wheat Pastry Flour
- 365 Organic Grade A Maple Syrup
- 365 Organic Raw Honey
- 365 Organic Peanut Butter (Creamy & Crunchy)
- 365 Organic Almond Butter (Creamy & Crunchy)
- 365 Pollinator Friendly Almond Butter (Creamy & Crunchy)
- 365 Organic Tahini
- 365 Whey Protein Powder (Any Flavor)
- 365 Organic Canned Tomatoes (Diced, Fire Roasted, Crushed & Diced)

DELI SECTION

- **Sandwiches:** 100% whole wheat bread or ezeikel bread. Your choice of protein & vegetables. Add avocado, hummus, vegan basil pesto, vegan mayo, mustard, dijon mustard, &/or olive tapenade. No cheese.
- **Pre-Made Sandwiches:** Club (No Cheese), Porchetta (No Cheese), Smokey TLT

CHIPS & PITA CHIPS

- 365 Whole Wheat Pita Chips with Sea Salt
- 365 Whole Wheat Pita Chips with Flax & Onion
- 365 Organic Reduced Fat & Sodium Popcorn
- 365 Organic Microwave Popcorn

OIL

- 365 Extra Virgin Olive Oil (Greek, Spanish, Plain)
- 365 Extra Virgin Olive Oil (California Small Batch)
- 365 Extra Virgin Olive Oil (100% Mediterranean Blend)
- 365 Organic Coconut Oil (Unrefined, Expeller Pressed)
- 365 Almond Oil
- 365 Sesame Seed Oil (Unrefined, Expeller Pressed)
- 365 Organic Spray Olive Oil

NUTS

- 365 Pre-Packed Nuts (All)

PASTA

- 365 Organic Quinoa Pasta

FROZEN FRUIT

- 365 Organic Berries (All)
- 365 Organic Peaches & Mangos

FROZEN VEGETABLES

- 365 Collard Greens
- 365 Organic Blue Curled Kale
- 365 Organic Stir Fry Blend
- 365 Organic Mediterranean Blend
- 365 Organic Butternut Squash

WAFFLES

- 365 Organic Multigrain Waffles
- 365 Organic Flax Waffles

MADE BY WHOLE FOODS MARKET

- Rotisserie Chicken (Organic & Non-Organic)
- Plain, Smokey Cajun, & Herb & Garlic
- Salmon Teriyaki Bowl (Hot)
- Chicken Teriyaki Bowl with Brown Rice
- Grilled Turkey Burger
- Chicken Quinoa Meatball with Teriyaki Sauce
- Green Beans Almondine
- Raw Kale Salad with Pine Nuts
- Lemon Kale SooFoo Salad
- Poached Salmon
- Teriyaki Salmon
- Honey Sriracha Glazed Salmon
- Chili Line Chicken Breast
- Emerald Sesame Kale Salad
- Rainbow Kale Salad
- Broccoli with Garlic & Olive oil
- Rainbow Kale Salad
- Spinach Cakes with Brown Rice
- Quinoa Cakes
- Gardein Rosemary Grilled Breast (Vegan)
- Gardein Chili Line Breast (Vegan)



COOKING CLASS DEMONSTRATIONS

www.wholefoodsmarket.com

www.simacohen.com

WHY DON'T DIETS WORK?



**"I hate dieting."
"What about my favorite food?"
"Diets never work."**

"I agree! I do not want to give up carbs or any of my favorite foods. I am completely passionate about helping my clients reach peak health but that does not mean you have to give up your favorite things. I do NOT count calories, carbs or points, and dieting is NOT in my vocabulary. That's what I want for you too!"

- Sima Cohen

Sima's **Simplified Lifestyle System [SLS]** utilizes a PCF combination with every meal. PCF is an acronym for Power Protein, Complex Carbs, and Friendly Fats. These micronutrients allow a perfectly healthy balance needed for daily food intake. PCF should be included in every meal excluding dinner in which Power Protein and vegetables will be consumed instead. This allows your body, mind, and metabolism to receive the support they need to function at their highest quality levels.

Your body is in complete balance when blood sugar is stabilized. This balance releases what it does not need including stored body fat, toxins, and excess sodium. It also protects and increases lean muscle mass, ignites metabolism, eliminates sugar cravings and boosts energy levels! The only way to keep weight off and keep your immune system strong throughout the year is to follow [SLS].



"Our most important work is to become who we are capable of being. Sima Cohen is a guide through the often confusing jungles of health and wellness, paving a path beyond mere self-improvement to self-actualization. In following the path we find a fuller experience of ourselves."

MARIANNE WILLIAMSON

New York Times Best Selling Author
Oprah Winfrey Guest Host



"I'm falling in love with my body for the first time ever!"

- Irma S.
Lost 65 lbs.



"Sima improved my self-motivation."

- Meny A.
Lost Belly Fat
Toned Muscles



"I have never felt lighter, stronger, and more fit in my entire life."

- Ava B.
Lost 55 lbs.



ABOUT SIMA COHEN

Sima Cohen has over two decades of experience as a certified fitness, trainer, nutritionist, and founder of the *Simplified Lifestyle System [SLS]*. SLS incorporates three essential elements: Self (spiritual & mental practices), Sweat (fitness), and Substance (nutrition).

**WORLD-WIDE ONLINE TRAINING
WILL BE AVAILABLE SOON!**

Visit www.simacohen.com for more information, cooking class dates, and subscribe to Sima's newsletter to stay updated.

SIGN UP NOW TO RECEIVE YOUR FREE 1-DAY DETOX RECIPE!

**"I WANT YOU TO LIVE YOUR BEST LIFE EVER.
ENJOY THIS TOKEN OF MY APPRECIATION!"**

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