

Shopping List

Eat hormone-free, organic meats and local, seasonal, and organic vegetables and fruits when possible. Eat three servings of plant foods for each serving of animal product.

HEALTHFUL FATS

- Almonds
- Avocado
- Butter, ghee
- Chia seeds
- Coconut oil
- Fiberts
- Flax (oil, seeds)
- Hazelnuts
- Hemp (oil, seeds)
- Nut & seed butters
- Olive (oil, fruit)
- Pecans
- Pumpkin Seeds
- Sesame (oil, seeds, tahini)
- Sunflower seeds
- Walnuts

MEATS / SEAFOOD

- Organic poultry
- Organic, farmed, or wild fish
- Shellfish
- Lamb
- Grass-fed beef
- Pasture-raised pork

DAIRY - FULL FAT

- Organic eggs
- Organic or raw cheese
- Organic or raw milk
- Organic yogurt, kefir

LEGUMES

- Black beans
- Garbanzos (beans, hummus)
- Lentils (green, black, red)
- Pinto beans
- Soy (edamame, tempeh, tofu)
- White beans

FRESH FRUITS

- Apples
- Apricots
- Bananas
- Berries
- Citrus (orange, lemon, lime, grapefruit, etc.)
- Figs
- Grapes
- Mango
- Melon
- Nectarines
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranite
- Rhubarb
- Watermelon

BOOSTER FOODS

- Nutritional yeast
- Sea vegetables (nori, dulse, arame, hijiki)
- Algae (spirulina, chlorella)
- Flax, chia, hemp seeds
- Herbs and spices

HERBS

- Basil
- Cilantro
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

FROZEN FOODS

- Organic berries
- Organic veggies

SPICES (SWEET)

- Allspice
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Nutmeg

SPICES / SAVORY

- Garlic
- Ginger
- Mustard powder
- Peppers (black, cayenne, chili)
- Turmeric

FRESH VEGETABLES

- Asparagus
- Broccoli
- Brussels sprouts
- Burdock root
- Butternut squash
- Cabbage (green, red)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green beans
- Jicama
- Leafy greens (arugula, bok choy, chard, collards, dandelion, kale, spinach, etc.)
- Lettuce
- Mushrooms (crimini, button, shiitake, portobello)
- Onions
- Peas (pod, snap, snow)
- Peppers
- Radishes
- Sprouts (seeds, beans, legumes)
- Tomatoes
- Zucchini (summer squash)

STARCHY VEGGIES

- Beets
- Carrots
- Corn (technically a grain)
- Parsnips
- Potatoes
- Pumpkin
- Rutabaga
- Squash (butternut, delicata, kabocha, etc.)
- Sweet potatoes/yams
- Turnips

WHOLE GRAINS

- Amaranth
- Brown rice
- Millet
- Oats
- Polenta (corn)
- Quinoa
- Whole grain cereals
- Whole grain sprouted bread and tortillas
- Wild rice

CANNED/JARRED

- Applesauce
- Artichokes
- Beans (black, garbanzo)
- Fish (salmon, sardines, herring, tuna)
- Marinara sauce (low sugar)
- Pineapple
- Tomatoes

OTHER

- Nuts and seeds

BEVERAGES

- Almond milk
- Fresh fruit juice
- Fresh vegetable juice
- Green tea
- Herb tea
- Bone broth
- Coconut milk
- Water (pure)
- Water (sparkling)

CONDIMENTS

- Apple cider vinegar
- Balsamic vinegar
- Bragg's Liquid Aminos
- Brown rice vinegar
- Fruit preserves
- Ginger
- Honey
- Maple syrup
- Mustard
- Unrefined sea salt
- Tamari
- Tahini

PORTABLE SNACKS

- Epic Jerky / Chomps
- Lara / RX / Picky Bars (read labels! No maple syrup or added sugar. Limit 3x a week)
- Trail mix (homemade w/nuts, coconut, cocoa nibs, dried fruit)