



SHOPPING LIST



SHOPPING LIST 1

Vegetables:

- Start with vegetables and get all non-starchy, green leaf, or other colorful vegetables and salads.
- Onions, garlic, ginger
- Tomatoes, lettuces, cucumber, peppers, turnips
- Mushroom, spinach, asparagus, kale, broccoli, cauliflower
- Carrots, sweet potato, pumpkins, beetroot
- Salad greens and herbs

Fruits:

Berries, lemon&lime, apple, pear, orange and other seasonal fruits, dates, raisins, banana



SHOPPING LIST 2

Grains

- Mung beans, lentils, chickpeas, beans
- Basmati rice, buckwheat, millet, oats, wild rice, brown rice

Condiments

- Coconut milk, unsweetened almond milk, Tahini
- Dried tomatoes, almond meal, coconut flour, quinoa or miller flakes, GF oats
- Raw Cacao, sweeteners like honey, maple syrup, jaggery, molasses, agave
- Apple cider, balsamic vinegar
- Herbs and spices like parsley, mint, cinnamon, turmeric, paprika, ginger, nutmeg, -clove, fennel, coriander, mustard, cumin, cardamom, black pepper -seeds, red pepper flakes, vanilla extract or powder
- Pink salt (himalayan or rock salt), Dijon mustard, glutenfree soya sauce (tamari) or shoyu, miso to boost taste!



SHOPPING LIST 3

Meat/Protein

Turkey, Chicken, Beef, Tofu, tempeh, eggs, shrimps, salmon
Always try to go for bio/organic, as much as you can.

Dairy/Vegan

Cottage Cheese, goat cheese or lactose free cheese
Low fat yogurt
Lactose free yogurt or condensed yogurt
Coconut or soja Yogurt

Oils

- Ghee, sesame oil, extra virgin olive oil, coconut oil, other healthy nuts & seeds oils like walnut
- Nut butters (almond butter, peanut butter - 100%, no sugar)
- Olives, avocado
- Nuts, walnuts, almonds (get a lot if you'll do your own almond milk), pecans, brazilian nuts, cashews, hazelnuts
- All seeds, hemp, chia, pumpkin, sesame, flax

Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT MORE

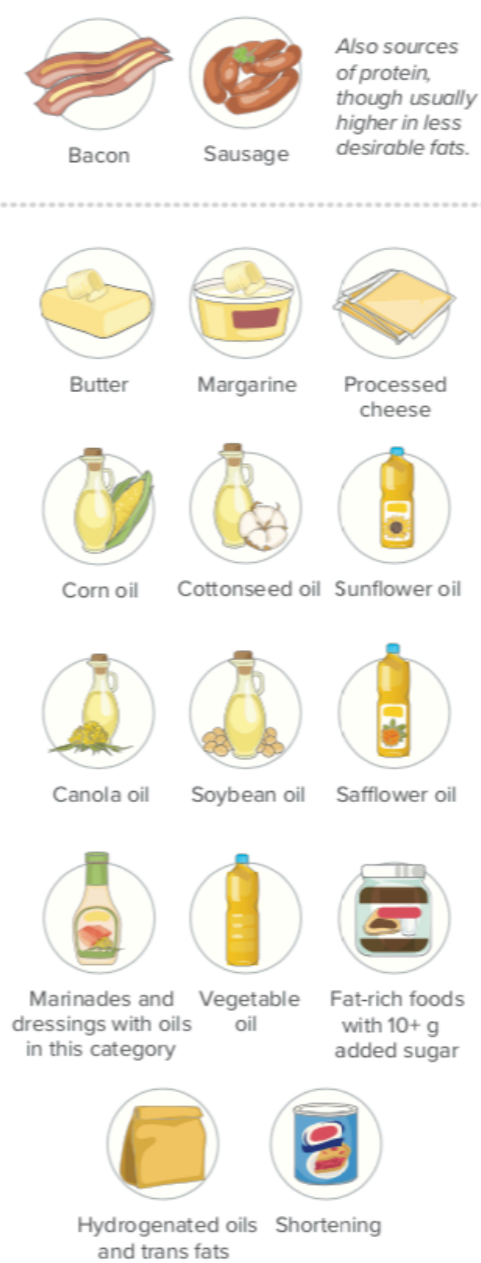


EAT SOME



These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS



Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats
goat, camel, horse
kangaroo, crocodile



Plain Greek
yogurt



Tempeh



Cultured cottage
cheese



Insects



Lentils and beans

These are protein for plant-based eaters and meatless meals, otherwise, they're considered sources of carbohydrates

EAT SOME



Uncultured
cottage cheese



Medium-lean
meats



Tofu



Edamame



Canadian
bacon



Meat jerky



Lamb



Minimally
processed
lean deli meat



Poultry
sausage



Protein
powders

EAT LESS



Fried
meats



Chicken fingers,
nuggets, and wings



High-fat
meat



High-fat
sausages



Processed
soy



Processed
deli meats



Protein bars



Pepperoni
sticks



High-mercury
fish

Vegetables

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.



Carbohydrates

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

EAT MORE



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Sweet potatoes



Barley



Taro



Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

EAT SOME



Couscous



White rice



Granola



Instant or flavored oats



Milk



Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



White bagels, breads, English muffins, pastas, and wraps

EAT LESS



Cereal bars



Fruit juices



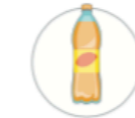
Flavored milk



Honey, molasses, syrups & jellies



Canned, dried, and pureed fruit w/ added sugar



Soda



Crackers



Sugar



Pretzels



Foods with 10+g added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content



Chips



Fries



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes

