

HEALTHY SHOPPING LIST

PROTEIN

ANIMAL

(pastured, grass-fed)

- Chicken
- Turkey
- Duck
- Game meat
- Organ meat
- Eggs
- Lamb
- Buffalo
- Beef

FISH

(wild, low mercury)

- Salmon
- Trout
- Sea bass
- Sardines
- Anchovies
- Mackerel
- Shrimp
- Cod
- Haddock

VEGAN

- Chickpeas
- Beans of all type
(not canned baked beans)
- Quinoa
- Non-GMO organic sprouted tofu (1-2x a week if non estrogen dominant)
- Lentils
- Split mung beans
- Hemp hearts
- Sprouts
- Rice & pea protein powder

FAT

- Avocado
 - Coconut (contains forms of saturated fat)
 - Olives
 - Seeds
 - Nuts
- *If using oils such as coconut and olive oil, make sure to get 100% organic, extra-virgin, first and cold pressed to ensure it is top quality without additives.*

VEGETABLES

- Spinach
- Kale
- Chard
- Romaine
- Mustard greens
- Arugula
- Parsnips
- Heirloom tomatoes
- Cucumber
- Celery
- Bok choy
- Sprouts
- Bamboo shoots
- Endive
- Brussels sprouts
- Turnips
- Snap or snow peas
- Green beans
- Asparagus
- Broccoli
- Cauliflower
- Radish
- Squashes (summer/ zucchini)
- Bell peppers

GF STARCHES

ROOT VEGETABLES

- Yams
- Potatoes (all colors)
- Yucca
- Parsnips
- Taro
- Plantains
- Squashes
- Carrots
- Beets

GLUTEN-FREE GRAINS

- Oats
- Rice
- Quinoa
- Amaranth
- Millet
- Buckwheat

FRUIT

LOWER GLYCEMIC

- Blueberries
- Blackberries
- Raspberries
- Cherries
- Kiwi
- Strawberries
- Green Apple

MODERATE GLYCEMIC

- Apples
- Oranges
- Grapefruit

HIGHER GLYCEMIC

- Papaya (non-GMO)
- Pineapple
- Bananas