

Shopping List



Animal Proteins



- Fish (including salmon, tuna, cod, sardines, anchovies, trout, catfish, etc.) ✓
- Shellfish (including crabs, lobster, shrimp, clams, oysters, squid, octopus, etc.) ✓
- Lean beef ✓
- Lean pork ✓
- Lamb ✓
- Chicken ✓
- Turkey ✓
- Eggs ✓
- Wild game (elk, bison) ✓

Nuts & Seeds



- Sunflower seeds ✓
- Pumpkin seeds ✓
- Chia seeds ✓
- Flax seeds ✓
- Sesame seeds ✓
- Almonds ✓
- Peanuts (technically a legume, but used as a tree nut) ✓
- Walnuts ✓
- Hazelnuts ✓
- Macadamia nuts ✓

Dairy & Healthy Fats



- Full-fat yogurt ✓
- Cheeses | in moderation ✓
- Full-fat milk | in moderation ✓
- Olive oil ✓
- Avocado oil ✓
- Coconut oil ✓
- Sesame oil ✓
- Olives ✓
- Avocado ✓
- Coconut ✓

Shopping List

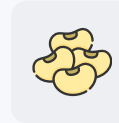


Healthy Carbs



- Potatoes
- Sweet potatoes
- Rice or brown rice
- Quinoa
- Corn
- Oats

Legumes



- Minimally processed soy products (tofu, tempeh, natto)
- Black beans
- Chickpeas
- Great Northern beans
- Pinto beans
- Navy beans
- Lentils
- Peas

Other



- Dark chocolate
- Red Wine | in moderation
- Vinegars (Balsamic, red wine, white, apple cider, rice, etc.)
- Herbs and spices
- Meat and vegetable broths

Shopping List



Vegetables



Zucchini	✓	Celery	✓	Bok choy	✓
Yellow squash	✓	Carrots	✓	Turnip	✓
Asparagus	✓	Snap peas	✓	Broccoli	✓
Tomato	✓	Green beans	✓	Brussels sprouts	✓
Artichoke	✓	Parsnip	✓	Beets	✓
Bell pepper	✓	Spinach	✓	Salad Greens <small>(lettuce, arugula)</small>	✓
Winter squash	✓	Snow peas	✓	Mushrooms	✓
Rutabaga	✓	Shallots	✓		
Green onion	✓	Leeks	✓		
Cabbage	✓	Kale	✓		
Pumpkin	✓	Jicama	✓		
Hot peppers	✓	Corn	✓		
Fennel	✓	Garlic	✓		
Eggplant	✓	Okra	✓		
Greens <small>(collard, mustard, turnip)</small>	✓	Pumpkin	✓		
Cucumber	✓	Onion	✓		

Fruits



Kiwi	✓	Dates	✓
Lemons	✓	Mangos	✓
Limes	✓	Papaya	✓
Oranges	✓	Apple	✓
Cranberries	✓	Peach	✓
Cherries	✓	Grapes	✓
Raspberries	✓	Watermelon	✓
Strawberries	✓	Pears	✓
Watermelon	✓	Pineapple	✓
Honeydew melon	✓	Plantain	✓
Blueberries	✓	Banana	✓
Apricot	✓	Prunes	✓
Blackberries	✓		
Cantaloupe	✓		
Grapefruit	✓		
Figs	✓		