



GENERAL SIMPLE SHOPPING LIST

Fruits & Vegetables

- ☐ Rainbow VARIETY, organic and locally-grown if possible
- ☐ Include lots of dark green leafy and cruciferous vegetables: broccoli, cabbage, spinach, kale, Swiss chard
- ☐ Focus on fruits that are low in fructose: apricots, cantaloupe, lemons, limes, passion fruit, plums and raspberries
- ☐ Dirty Dozen (always buy organic): strawberries, cherries, raspberries, celery, lettuce, spinach

Grains & Flours

- ☐ Sprouted grain bread or homemade sourdough
- ☐ Quinoa, amaranth, buckwheat, millet, wild rice
- ☐ Organic steel cut oats
- ☐ Sprouted grain, brown rice, or quinoa pasta
- ☐ Kelp noodles
- ☐ Blanched almond, raw coconut, or other nut flours

Beans & Legumes

- ☐ Lentils
- ☐ Black beans
- ☐ Garbanzo beans
- ☐ Navy beans
- ☐ Red beans
- ☐ Kidney beans
- ☐ White beans
- ☐ Split peas

Fish & Seafood (wild-caught, sustainably farm-raised)

- ☐ Salmon
- ☐ Mackerel
- ☐ Halibut
- ☐ Herring
- ☐ Mahimahi
- ☐ Sardines (boneless, skinless in olive oil)

Nuts & Seeds (raw, unroasted, unsalted)

- ☐ Almonds
- ☐ Walnuts
- ☐ Pumpkin seeds
- ☐ Sunflower seeds (shelled)
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ Chia seeds
- ☐ Hemp seeds
- ☐ Flaxseeds
- ☐ Pine nuts
- ☐ Sesame seeds
- ☐ Natural nut butters made from these nuts & seeds (raw, unroasted, unsalted)

Poultry (organic, free-range, pastured)

- ☐ Chicken
- ☐ Eggs
- ☐ Turkey
- ☐ Ostrich

Red Meat (organic, 100% grass-fed & finished)

- ☐ Buffalo
- ☐ Lamb
- ☐ Beef
- ☐ Venison

Dairy

- ☐ Yogurt, plain
- ☐ Kefir, plain
- ☐ Whole milk, raw
- ☐ Cheese, raw
- ☐ Goat milk and cheese
- ☐ Heavy whipping cream, raw
- ☐ Sour cream
- ☐ Cottage cheese

Fats & Oils

- ☐ Grassfed butter or ghee
- ☐ Avocados
- ☐ Extra-virgin, unrefined olive oil
- ☐ Raw & unrefined coconut oil
- ☐ Fish oil (high-quality)
- ☐ Organic pastured egg yolks
- ☐ Grapeseed oil
- ☐ Cold-processed (unheated) organic nut oils: macadamia, avocado, pumpkin seed, sesame, walnut, chia, hemp seed, flax
- ☐ Olives (in brine without sugar or preservatives)

Sweeteners

- ☐ Raw, unfiltered, local honey
- ☐ Raw coconut sap sugar
- ☐ Whole Leaf Stevia
- ☐ Pure maple syrup

Miscellaneous

- ☐ All herbs and spices: fresh and dried, whole or ground
- ☐ Seaweed, assorted
- ☐ Teecino (herbal coffee alternative)
- ☐ Organic ketchup without added sugar
- ☐ Tamari wheat-free soy sauce (low-sodium)
- ☐ High quality dijon mustards (made without canola oil or added sugars)
- ☐ Homemade bone broths or ordered online from The Brothery
- ☐ Celtic Sea Salt, Himalayan Salt