



## FERTILITY FRIENDLY SHOPPING LIST

### Fruits & Vegetables

- ☐ Choose a rainbow VARIETY, organic and locally-grown if possible
- ☐ Include lots of dark green leafy and cruciferous vegetables: broccoli, cauliflower, cabbage, spinach, kale, Swiss chard, Brussels sprouts
- ☐ Utilize starchy vegetables instead in place of refined carbs : sweet potatoes, yams, winter squash, plantains, yucca, taro
- ☐ Dirty Dozen (always buy organic): strawberries, cherries, raspberries, peaches, celery, lettuce, spinach, apples, potatoes

### Fish & Seafood (wild-caught, cold-water, sustainable)

- ☐ Salmon
- ☐ Mackerel
- ☐ Halibut
- ☐ Herring
- ☐ Mahimahi
- ☐ Sardines (boneless, skinless in water)
- ☐ Oysters, shellfish

Check out [Vital Seafood](#) for amazing wild caught seafood products shipped directly to your door! See the [Monterey Bay Seafood Watch](#) for the safest fish to choose.

### Meat (organic, 100% grass-fed/grass-finished, pasture-raised)

- ☐ Buffalo
- ☐ Lamb
- ☐ Beef
- ☐ Game Meats (Venison, Elk, Rabbit, Goat, etc)
- ☐ Pork
- ☐ Bacon from grass-fed, pastured beef/pork (without added sugar)
- ☐ Deli Meats (free of gluten, sugar, nitrates, preservatives)
- ☐ Organ Meats (liver, kidney, heart, brain, etc)

### Poultry (organic, free-range, pasture-raised)

- ☐ Eggs
- ☐ Chicken
- ☐ Duck
- ☐ Turkey
- ☐ Pheasant
- ☐ Goose
- ☐ Ostrich

### Dairy (organic, grass-fed, full-fat, preferably raw)

- ☐ [Butter](#)
- ☐ [Ghee](#)
- ☐ Yogurt, plain
- ☐ Kefir, plain
- ☐ Whole milk, raw
- ☐ Cheese, raw
- ☐ Heavy whipping cream
- ☐ Sour cream
- ☐ Cottage cheese

### Fats & Oils

- ☐ [Raw & unrefined coconut oil](#)
- ☐ [Expeller-pressed coconut oil](#)
- ☐ [Unrefined coconut butter](#)
- ☐ [Avocado Oil](#)
- ☐ [Extra-virgin, unrefined olive oil](#)
- ☐ Fish oil (high-quality)
- ☐ Organic pastured egg yolks
- ☐ [Organic red palm oil](#)
- ☐ [Grass-Fed Beef Tallow](#)
- ☐ [Pastured Pork Lard](#)
- ☐ [100% Pasture-Raised Duck Fat](#)
- ☐ [Palm Shortening](#) (sustainable and organic)
- ☐ [Cold-Pressed Sesame Oil](#)
- ☐ [XCT Oil](#)
- ☐ [Brain Octane Oil](#)

## Nuts, Seeds & Nut/Seed Butters (raw, unsalted, organic when possible, refrigerated)

- ☐ Almonds
- ☐ Cashews
- ☐ Walnuts
- ☐ Macadamia nuts
- ☐ Pecans
- ☐ Pepitas (pumpkin seeds)
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Sunflower seeds
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ [Chia seeds](#)
- ☐ [Hemp seeds](#)
- ☐ Flaxseeds
- ☐ Sesame seeds
- ☐ Natural nut butters made from these nuts & seeds – almond butter, cashew butter, sunflower seed butter, pecan butter, tahini, etc.

## Baking

- ☐ [Blanched almond flour](#)
- ☐ [Coconut flour](#)
- ☐ Arrowroot flour
- ☐ Baking powder (aluminum-free)
- ☐ Baking soda
- ☐ [Organic Coconut Sugar](#)
- ☐ Cream of Tartar
- ☐ Dark Chocolate, (85% cacao)
- ☐ Grade B Maple Syrup
- ☐ Raw, unfiltered, local honey
- ☐ [Raw Cacao Powder](#)
- ☐ [Cacao Butter](#)
- ☐ [Vanilla Bean Powder](#)
- ☐ [Pure vanilla extract](#) (no imitation vanilla)

## Miscellaneous

- ☐ All herbs and spices: fresh and dried
- ☐ [Teecino](#) (herbal coffee alternative)
- ☐ Organic ketchup without added sugar
- ☐ High quality dijon mustards (made without canola oil or added sugars)
- ☐ [Celtic Sea Salt](#), [Himalayan Salt](#)
- ☐ [Unsweetened coconut flakes](#)
- ☐ [Miracle Noodles](#)
- ☐ Flourless Flax Crackers

## Jarred and Canned Goods

- ☐ [Coconut milk](#)
- ☐ [Coconut cream](#)
- ☐ Organic tomato products (no citric acid or sugars added)
  - Diced tomatoes in juices
  - Strained tomatoes or tomato puree
  - Tomato paste
- ☐ Olives (in brine without sugar or preservatives)
- ☐ Curry paste
- ☐ Unsweetened applesauce
- ☐ Capers
- ☐ [Fermented vegetables](#) (refrigerated, local, organic, vinegar-free)
- ☐ [Raw Apple Cider Vinegar](#)
- ☐ [Raw Coconut Vinegar](#)
- ☐ [Coconut Secret Coconut Aminos](#)
- ☐ Fish sauce (Red Boat brand)

## Fertility Superfoods

- ☐ [Organic, Grass-Fed Bone Broth](#)
- ☐ [Grass-Fed Butter](#)
- ☐ [Grass-Fed, Cultured Ghee](#)
- ☐ [Chia seeds](#)
- ☐ [Maca powder](#)
- ☐ [Raw & unrefined coconut oil](#)
- ☐ [Expeller-pressed coconut oil](#)
- ☐ [Fermented vegetables](#) (refrigerated, local, organic, vinegar-free)
- ☐ [Spirulina powder](#)
- ☐ [Royal Jelly](#)