



Grocery Guide

Buy These

PRODUCE

- All fresh fruits and vegetables (best if locally grown)
- Frozen fruits and vegetables without added flavorings or sauces
- Only organic of these: Apples, celery, cherries, grapes, kale, nectarines, peaches, pears, potatoes, spinach, strawberries, tomatoes

CANNED FRUITS AND VEGETABLES

- Canned or jarred fermented foods such as sauerkraut and kimchi
- All of the following must be true: BPA free, low or no sodium, canned in 100% water, no added sugar

MEAT

- Organic and grass fed
- Best Quality: Pasture raised, certified organic, antibiotic free, certified humane

FISH

- Wild Caught
- Flash frozen
- Frozen at Sea
- Canned/packaged wild caught

GRAINS

- Quinoa
- Barley
- Wild Rice
- Sulgar
- Oatmeal
- Buckwheat
- Whole Grains
- Sprouted Grains

EGGS

- Organic and pasture raised



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Buy These

BEANS AND LEGUMES

- Lentils
- Peas
- Sprouted beans or legumes
- Peanuts
- Canned or jarred beans if BPA free
- Frozen beans or legumes without added sauces

NUTS AND SEEDS

- All nuts and seeds in their natural form
- ***Cashews and pistachios can cause some individuals discomfort

BAKING

- Unrefined flours
- Dark bakers' chocolate
- Coconut milk or cream
- *Try using almond or coconut flour.
- Pure cocoa powder
- Canned pumpkin
- *Tip: try using dates or bananas for a sweetener
- Crushed nuts
- Pure maple syrup
- Unsweetened coconut shreds
- Raw organic honey
- Pure extracts

DAIRY

- Plain whole fat yogurt (Greek or regular)
- Almond or coconut milk
- ghee
- Organic full fat milk or cream
- Soy milk in moderation
- grass-fed butter
- Kafir
- Organic Cheese

OIL

- Avocado oil
- Olive oil
- Walnut Oil
- Coconut oil
- Sesame oil
- Flaxseed oil



Grocery Guide

Don't Buy These

PRODUCE

- Avoid most items that are in the produce aisle that are marketed as toppings or additives to your fruits and vegetables.
- Examples: Candied nuts, Dressing with soybean oil, Coleslaw dressing, Dried and sweetened fruit, Fruit dip, Vegetable dip

CANNED FRUITS AND VEGETABLES

- Canned or jarred in syrup or juice
- Dented cans
- Plastic jars

MEAT

- Non organic meat that is not grass-fed
- Meat with color or flavor additives
- Highly processed meat: Hot dogs, deli meat, sausage, kielbasa

FISH

- Farm raised
- Do not have more than one serving per week: Chilean Sea Bass, Grouper, Halibut, Mahi Mahi, Monkfish, Rockfish, Sablefish, Snapper, Stripped Bass, Albacore tuna, Yellowfin tuna, Swordfish

GRAINS

- Refined flour
- Bleached flour
- Breads that last on the shelf for several weeks
- Crackers with refined flours, added sugars, artificial flavorings, and with more than 5 ingredients



Grocery Guide Don't Buy These

BEANS AND LEGUMES

- Candied peanuts (such as honey roasted)

NUTS AND SEEDS

- Smoked nuts
- Yogurt or chocolate covered nuts
- Candied nuts

BAKING

- Refined sugars of any kind (white, brown, organic cane, agave)
- Shortening
- Refined flours
- Artificial sweeteners (Splenda, aspartame, sweet n' low, etc.)

DAIRY

- Low fat milk, yogurt, and cheese
- Highly processed cheese such as American cheese slices and cheese spreads
- Yogurt with added flavorings
- Cool whip
- Milk with added flavorings and colors
- Margarine

OIL

- Vegetable oil
- Corn oil
- Canola oil
- Soybean oil
- Sunflower oil