

Grocery List

PROTEIN

- ✓ Lean chicken and turkey
- ✓ Cold water fish and shellfish
- ✓ Lean grass-fed beef
- ✓ Lean pork

BEST FAT CHOICES

- ✓ Raw nuts and seeds
- ✓ Olives and olive oil
- ✓ Coconut milk or oil
- ✓ Avocado

BEST VEGGIE CHOICES (GO CRAZY)

- ✓ Arugula
- ✓ Asparagus
- ✓ Bamboo
- ✓ Bean sprouts
- ✓ Beets
- ✓ Bell peppers
- ✓ Cucumber
- ✓ Broccoli
- ✓ Brussel sprouts
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Celery
- ✓ Fennel
- ✓ Chives
- ✓ Collard greens
- ✓ Jalapenos
- ✓ Eggplant
- ✓ Endive
- ✓ Garlic
- ✓ Green beans
- ✓ Leeks
- ✓ Kale
- ✓ Onions
- ✓ Lettuce
- ✓ Mushrooms

- ✓ Radishes
- ✓ Shallots
- ✓ Spinach
- ✓ Squash
- ✓ Swiss chard
- ✓ Turnip greens
- ✓ Watercress
- ✓ Artichokes
- ✓ Zucchini

STARCHY CARBS (USE SPARINGLY)

- ✓ Tomatoes
- ✓ Lima beans
- ✓ Okra
- ✓ Pumpkin
- ✓ Sweet potato
- ✓ Turnips
- ✓ Legumes
- ✓ Black beans
- ✓ Chick peas
- ✓ French beans
- ✓ Great northern beans
- ✓ Kidney beans
- ✓ Lentils
- ✓ Pinto beans
- ✓ Peas
- ✓ Carrots
- ✓ Brown rice
- ✓ Quinoa

BEST FRUITS

- ✓ Berries (blackberries, blueberries, raspberries, strawberries)
- ✓ Apple
- ✓ Cherries
- ✓ Pears
- ✓ Apricots
- ✓ Peaches

- ✓ Limes
- ✓ Lemons
- ✓ Plums
- ✓ Oranges
- ✓ Grapefruit
- ✓ Kiwi
- ✓ Pomegranates

DRINKS

- ✓ Water
- ✓ Tea
- ✓ Coffee (black, or add some coconut milk creamer if you must)
- ✓ Seltzer