

LIFELONG SHOPPING LIST

VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocados
- Beets/Beet Greens
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Celery
- Collards
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Jerusalem Artichoke
- Kale
- Mushrooms
- Olives
- Onions
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Radish
- Romaine Lettuce
- Sea Vegetables
- Spinach
- Squash
- Tomatoes
- Turnip Greens
- Watercress
- Wheat Grass

In Moderation:

- Brown/Wild Rice
- Beans
- Sweet Potatoes
- Quinoa
- *Rarely* Consume Red Skin Potatoes

FRUITS: (Preferred)

- Blackberries
- Blueberries
- Cranberries
- Goji Berries
- Raspberries
- Strawberries

In Moderation:

- African Mango
- Apple
- Apricot
- Banana
- Cantaloupes
- Cherries
- Coconuts
- Figs
- Grapefruit
- Grapes
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Rhubarb
- Watermelon
- All other Fruits

DAIRY (Raw, or Low-Temp Processed)

- Goats Milk
- Goats Cheese
- Kefir (cultured goat milk)
- Sheep Cheese
- Sheep Yogurt
- Any Other Raw Dairy

MEAT: (Organic, 100% Grassfed)

- Beef
- Bison
- Chicken
- Duck
- Eggs
- Lamb
- Turkey
- Quail and other wild game
- Venison and other wild game
- *Rarely* consume organic Pork

FISH (Wild Caught only, No Farm Raised)

- Anchovies
- Bass
- Cod
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi
- Red Snapper
- Salmon
- Sardines
- Seabass
- Swordfish
- Tuna
- Walleye
- *Rarely* consume Wild Caught Shellfish

SWEETNERS:

In moderation

- Raw Honey
- Stevia
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NUTS AND SEEDS:

- Almonds
- Brazil Nuts
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Hazelnuts
- Macadamia
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Walnuts
- Nut Butters
- Seed Butters
- *Rarely* consume organic Peanut Butter

FATS/ OILS: (Organic, Unrefined)

- Avocado Oil
- Almond Oil
- Butter (pasteurized)
- Coconut Oil/Milk
- Ghee
- Grapeseed Oil
- Macadamia Oil
- Olive Oil
- Sesame Oil
- Palm Oil
- Walnut Oil

✗ **NO Canola Oil**

BEVERAGES:

- Almond Milk
- Coconut Milk
- Coconut Kefir
- Cultured Whey
- Herbal Teas
- Kombucha
- Raw Vegetable Juices
- Sparkling Water
- Spring Water (or filtered)

SPICES AND HERBS:

- Basil
- Black Pepper
- Coriander Seeds
- Cinnamon
- Cloves
- Cumin
- Cilantro
- Dill
- Fennel
- Garlic
- Ginger
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

GENERAL SUPPLEMENTS:

- Greens Powder
- Whole Food-Based Multi Vitamin
- Omega-3 Fish Oil
- Whey Protein Concentrate Powder (Grassfed)
- Brown Rice Protein Powder (vegetarian)
- Vitamin D3

OCCASIONAL INDULGENCES:

- Wine
- Dark Chocolate

CONDIMENTS:

- Apple Cider Vinegar
- Balsamic Vinegar
- Bragg Liquid Aminos
- Coconut Vinegar
- Coconut Amino
- Cocoa
- Extracts (vanilla/almond)
- Guacamole
- Hummus
- Mustard (stone ground)
- Mayo (Grapeseed oil)
- Salsa
- Sea Salt
- Tamari