



LIFELONG SHOPPING LIST- Always NON-GMO*

VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocados
- Beets/Beet Greens
- Bell Peppers
- 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:

- White/Wild Rice
- Organic sourdough, wheat (if tolerated)
- Beans
- Sweet Potatoes
- Red Skin Potatoes

FISH (Wild Caught only, No Farm Raised)

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

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
- Wild Fowl- Quail, etc
- Venison/Elk

NUTS AND SEEDS:

- Almonds
- Brazil Nuts
- Hemp Seeds
- Hazelnuts
- Macadamia
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Walnuts
- Nut Butters
- Organic Valencia Peanut Butter

FATS/ OILS: (Organic, Unrefined)

- Avocado Oil
- Butter (pasteurized)
- Coconut Oil/Milk
- Ghee
- Olive Oil (room temp)
- Sesame Oil (room temp)

Fats/Oils to AVOID

- Canola
- Corn
- Cottonseed
- Palm
- Peanut
- Rapeseed (Canola)
- Safflower
- Soybean
- Sunflower
- Vegetable



FRUITS: (Preferred)

- Blackberries
- Blueberries
- Cranberries
- 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

SPICES AND HERBS:

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

CONDIMENTS:

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

BEVERAGES:

- Raw dairy
- Coconut Kefir
- Cultured Whey
- Herbal Teas
- Kombucha
- Raw Vegetable Juices
- Sparkling Water
- Spring Water (or Filtered)

SWEETNERS:

In moderation

- Raw Honey
- Stevia

OCASSIONAL INDULGENCES:

- Wine
- Dark Chocolate

GENERAL SUPPLEMENTS:

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