

# NUTRITION GUIDE

# Grocery Shopping

## Produce (Vegetables & Fruit)

Choose a variety of colors and organic produce

### Red

- Apples
- Beets
- Cabbage
- Cherries
- Cranberries
- Grapes
- Peppers
- Pink Grapefruit
- Pomegranates
- Radishes
- Raspberries
- Rhubarb
- Strawberries
- Tomatoes
- Watermelon

### Orange & Yellow

- Apples
- Apricots
- Cantaloupe
- Carrots
- Corn
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Peppers
- Tangerines
- Persimmons
- Pineapple
- Pumpkin
- Rutabagas
- Squash
- Sweet Potatoes

### Green

- Apples
- Artichokes
- Asparagus
- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Celery
- Collard Greens
- Cucumbers
- Grapes
- Green Beans
- Green Onions
- Honeydew Melon
- Kale
- Kiwis
- Lettuce
- Limes
- Peas
- Peppers
- Spinach
- Zucchini

### White

- Bananas
- Cauliflower
- Coconuts
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips

### Blue & Purple

- Blackberries
- Blueberries
- Eggplant
- Figs
- Grapes

## Protein (Meats & Dairy)

Organic is necessary: grass-fed, free-range, pasture-raised, non-GMO, wild

### Fish

- Albacore Tuna (limit 2x/month)
- Cod
- Halibut
- Lobster
- Orange Roughy
- Pacific Herring
- Scallops
- Shrimp
- Spanish Mackerel
- Tilapia
- Wild Alaskan Salmon

### Beef

- Filet Mignon
- 90% Lean Ground Beef
- Nitrate-Free Hot Dogs
- Nitrate-Free Lunch Meats
- Round Steak
- Sirloin Steak

### Poultry

- Cage-Free Eggs
- Chicken Breast (skin removed)
- Chicken Sausage
- Turkey Bacon
- Turkey Breast (skin removed)

### Game Meat

- Bison
- Elk
- Ostrich
- Venison

### Dairy

- Butter
- Cottage Cheese
- Greek Yogurt
- Milk
- Ricotta Cheese
- Shredded Cheese
- String Cheese

## Protein (Meats & Dairy)

Organic is necessary: grass-fed, free-range, pasture-raised, non-GMO, wild

### Pork

- Nitrate-Free Sausages
- Pork Loin
- Pork Steak

### Vegetarian

- Edamame
- Filet Tempheh
- Miso
- Tofu

### Dairy Alternatives

- Almond
- Coconut
- Goat
- Rice

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# Grocery Shopping

## Pantry (Starchy Vegetables & Other Carbohydrates)

Shop in bulk; limit packaging and processing

### Gluten-Free

### Gluten-Free

### Gluten-Containing

### Dried Fruit

### Canned or Jarred

- |  |   |  |   |  |
|--|---|--|---|--|
| <input type="checkbox"/> Amaranth      | <input type="checkbox"/> Garbanzo Beans     | <input type="checkbox"/> Barley            | <input type="checkbox"/> Apricots       | <input type="checkbox"/> 100% Fruit Spread |
| <input type="checkbox"/> Basmati Rice  | <input type="checkbox"/> Gluten-Free Bread  | <input type="checkbox"/> Bulgur            | <input type="checkbox"/> Cherries       | <input type="checkbox"/> Applesauce        |
| <input type="checkbox"/> Beans         | <input type="checkbox"/> Lentils            | <input type="checkbox"/> Couscous          | <input type="checkbox"/> Cranberries    | <input type="checkbox"/> Cranberries       |
| <input type="checkbox"/> Black Beans   | <input type="checkbox"/> Millet             | <input type="checkbox"/> Oatmeal           | <input type="checkbox"/> Dark Raisins   | <input type="checkbox"/> Chickpeas         |
| <input type="checkbox"/> Brown Rice    | <input type="checkbox"/> Oats (Gluten-Free) | <input type="checkbox"/> Spelt             | <input type="checkbox"/> Figs/Dates     | <input type="checkbox"/> Kidney Beans      |
| <input type="checkbox"/> Buckwheat     | <input type="checkbox"/> Pinto Beans        | <input type="checkbox"/> Rye               | <input type="checkbox"/> Golden Raisins | <input type="checkbox"/> Lentils           |
| <input type="checkbox"/> Chickpeas     | <input type="checkbox"/> Popcorn            | <input type="checkbox"/> Wheat             | <input type="checkbox"/> Prunes/Plums   | <input type="checkbox"/> Marinara Sauce    |
| <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Potato (Organic)   | <input type="checkbox"/> Whole Wheat Bread |   | <input type="checkbox"/> Olives            |
| <input type="checkbox"/> Corn/Cornmeal | <input type="checkbox"/> Quinoa             |  |   | <input type="checkbox"/> Pumpkin           |
|  | <input type="checkbox"/> Tapioca            |  |   | <input type="checkbox"/> Tomatoes          |
|  | <input type="checkbox"/> Wild Rice          |  |   | <input type="checkbox"/> White Beans       |

## Pantry (Nuts, Seeds & Oils) Organic is necessary:

grass-fed, free-range, pasture-raised, non-GMO, wild

### Nuts/Seeds

### Fats & Oils

### Nut Butters

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Almonds         | <input type="checkbox"/> Almond Oil             | <input type="checkbox"/> Almond Butter    |
| <input type="checkbox"/> Brazil Nuts     | <input type="checkbox"/> Coconut Oil            | <input type="checkbox"/> Cashew Butter    |
| <input type="checkbox"/> Cashews         | <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Sunflower Butter |
| <input type="checkbox"/> Hazelnuts       | <input type="checkbox"/> Flax Seed Oil          |   |
| <input type="checkbox"/> Macadamia Nuts  | <input type="checkbox"/> Hemp Seed Oil          |   |
| <input type="checkbox"/> Peanuts         | <input type="checkbox"/> Macadamia Nut          |   |
| <input type="checkbox"/> Pecans          | <input type="checkbox"/> Red Palm Oil           |   |
| <input type="checkbox"/> Pistachios      | <input type="checkbox"/> Sesame Oil             |   |
| <input type="checkbox"/> Pumpkin Seeds   |   |   |
| <input type="checkbox"/> Sesame Seeds    |   |   |
| <input type="checkbox"/> Sunflower Seeds |   |   |
| <input type="checkbox"/> Walnuts         |   |   |

## Freezer Single ingredients; no added preservatives

### Produce

### Meat/Fish

- |   |  |
|---|--|
| <input type="checkbox"/> Asparagus        | <input type="checkbox"/> Chicken Breast    |
| <input type="checkbox"/> Blueberries      | <input type="checkbox"/> Scallops          |
| <input type="checkbox"/> Broccoli         | <input type="checkbox"/> Shrimp            |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Whitefish Fillets |
| <input type="checkbox"/> Cherries         |  |
| <input type="checkbox"/> Edamame (Limit)  |  |
| <input type="checkbox"/> Green Beans      |  |
| <input type="checkbox"/> Spinach          |  |

## Supplements

Pharmaceutical-grade, GMP-certified

### Foundational Supplements

### Protein & Meal Requirements

- |   |  |
|---|--|
| <input type="checkbox"/> Cal/Mag 1001                           | <input type="checkbox"/> FastFuel Complete       |
| <input type="checkbox"/> Omega-3 Fish Oil                       | <input type="checkbox"/> VeganMax Protein Powder |
| <input type="checkbox"/> Men's/Women's Performance Multivitamin | <input type="checkbox"/> Whey Protein Isolate    |
| <input type="checkbox"/> Multi-Probiotic 4000                   |  |
| <input type="checkbox"/> Vitamin D (1000 IU or 5000 IU)         |  |

