

SHOPPING LIST

Buy organic produce whenever possible.
Buy organic, hormone free meats/chicken/eggs

FRESH VEGETABLES:

Avocados
Salad Greens
Broccoli
Spinach
Celery
Onions/Green Onions
Asparagus
Bok Choy
Cabbage
Zucchini
Spaghetti & Summer Squash
Cauliflower
Cucumber
Radishes
Tomatoes
Sweet/Hot Peppers
Mushrooms
FRESH FRUIT:
Berries
Apples
FROZEN FOODS:
Fruit/Berries no sugar added
Fish/Shrimp
Veggies
NUTS & SEEDS:
Flax Meal
Raw almonds, walnuts,
Filberts, Brazil nuts
Almond Butter
Chia, sesame, pumpkin seeds
Tahini
DAIRY: organic/raw
Organic milk & butter
Fage Greek yogurt
Cottage cheese
French yogurt cheese
Neufchatal/ricotta/feta
Mozzarella/string cheese
Goat cheese

CONDIMENTS:

Olives
Capers
Horseradish
Mustard
Vinegars
Olive Oil extra virgin pure-pressed
Oils: sesame/flax, avocado
Spices: esp. rosemary/turmeric/oregano
cloves/cinnamon/bay leaves
Extracts: no artificial sweeteners
or sugar added
Fresh garlic
Classico Tomato Basil
Stevia/XYLITOL
Organic Broths
Sun Dried Tomatoes in olive oil

MEAT/FISH/POULTRY:

Eggs: organic/free range
hormone free Omega 3
Pasture-fed meats
Breakfast Sausages: Chicken or turkey
nitrate free
Sardines
Tuna
Salmon
Fresh fish (not farm raised)

BEVERAGES:

Sparkling Water
Green Tea
Teas: Chamomile, Licorice,
Peppermint, Slippery Elm
Bottled water
Organic decaf coffee

GRAINS: Limited

Brown Rice
Oatmeal - plain
Whole-Grain Cereals: Kashi Go Lean
Low Carb tortillas
Ezekiel bread
Quinoa

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