

GROCERIES

SUGGESTED LIST

FREEZER FOODS

- Frozen Berries (blueberries, raspberries, blackberries, and strawberries)
- Frozen Veggies (for stir-fry, soups, sides; NO corn)
- Frozen Shrimp
- Grass-fed beef tenderloin
- Organic chicken and turkey (varieties, sausages, breasts)
- Pasture-fed pork tenderloin
- Wild fish (salmon, scallops, tilapia, sole, halibut)

VEGGIES/FRUIT

- Apples (green are lower glycemic)
- Avocados
- Beets
- Butternut or Kabocha squash
- Garlic
- Lemons
- Limes
- Onions
- Sweet potatoes
- Tomatoes

REFRIGERATOR FOODS

- Asparagus
- Berries
- Broccoli
- Carrots
- Celery
- Cucumber
- Chia seeds
- Unsweetened Coconut milk / almond milk / rice milk (from brown)
- Coconut Water
- Dijon mustard (gluten-free)
- Eggs (Free Range)
- Ginger
- Ground flax seed
- Greek yogurt (Plain, 1% fat or more. Not 0%)
- Guacamole
- Hummus
- Iced green tea (unsweetened, make fresh)

- Kale
- Mushrooms
- Nut Butter (almond, pecan, walnut, macadamia, or cashew)
- Organic turkey slices
- Red onions
- Red peppers
- Roast beef slices
- Roasted whole chicken
- Salad greens (baby spinach, arugula; NO iceberg lettuce)
- String beans
- Zucchini

OILS

- Coconut or palm fruit oil (for high-temperature cooking)
- Extra-virgin olive oil (to use raw)
- Olive oil (for medium-temperature cooking)

GROCERIES

SUGGESTED LIST

PANTRY FOODS

- Artichoke hearts
- Black beans
- Brown rice
- Brown rice pasta
- Unsweetened coconut milk /almond milk / rice milk (from brown)
- Dandelion Tea
- Diced green chilies
- Garbanzo and Pinto beans
- Green teas (to drink iced or hot)
- Hemp Seeds
- Lentils
- Oatmeal (gluten-free)
- Organic chicken broth
- Quinoa
- Quinoa pasta
- Raw. Nuts (almonds, cashews, pecans, pine nuts, pistachios, walnuts)
- Rice noodles
- Seaweed snacks
- Sun-dried tomatoes in olive oil
- Thai kitchen red curry coconut sauce
- Tuna (water-packed)
- Vinegar (balsamic, red, rice) - for salad dressings

FOODS TO AVOID

- Any kind of white bread, rolls, crackers
- Canned fruit and veggies
- Cake
- Candy
- Cereals
- Chips
- Cookies
- Cornflakes
- Dairy
- Donuts
- Fried Foods
- Fruit Juice
- Gluten
- High-fat bacon & sausage
- High-fructose corn syrup
- Ice cream
- Instant potatoes
- Microwave meals
- Movie Theater popcorn
- Pastries
- Peanuts
- Sugar and sugar substitutes
- White pasta, potatoes, rice

SPICES

- Basil
- Black peppercorn
- Cinnamon
- Spice blend
- Oregano
- Red chile
- Red pepper
- Rosemary
- Iodized Sea Salt

