

# GROCERY GUIDE

## DAIRY, FATS & OILS

### FOR COOKING

Animal fats\*  
Clarified butter\*  
Extra-virgin olive oil  
Grapeseed oil  
Sunflower oil  
Coconut oil (unrefined)\*

### FOR EATING

Avocados\*  
Olives\*  
Coconut flakes\*  
Cheese (feta or goat)  
Milk (almond or coconut)  
Nuts\* (almonds, cashews, hazelnuts, pecans, pistachios, macadamia, walnuts)  
Nut Butters\* (almond & sunflower)  
Yogurt (greek, almond, coconut)

## CANNED GOODS

### TUNA/SALMON\*

Wild-caught

### TOMATO SAUCE/PASTE\*

Organic

### SALSA\*

Organic

### PUMPKIN\*

### SUN-DRIED TOMATOES\*

### ARTICHOKE HEARTS\*

### BEETS\*

No sugar

### BEANS

Garbanzo, black, kidney, white

### PRESERVES

No added sugar

### BROTH\*

(Organic) Chicken, beef, turkey and vegetable

## PROTEIN

### SEAFOOD

(Wild-caught not farm-raised)  
Shellfish, salmon, haddock, cod, mahi-mahi

### 100% GRASS FED AND ORGANIC BEEF

Bison, lamb, elk, venison

### PASTURED AND ORGANIC PORK, RABBIT, ETC.

### POULTRY

(Pastured and organic)  
Chicken, turkey, duck, pheasant, etc.

### PROCESSED MEATS

(Grass fed/pastured, organic and nitrate free)  
Bacon, sausage, organic deli meat, etc.

### EGGS & LIQUID EGG WHITES

(Cage-free and organic)

## CONDIMENTS/SPICES

### ALL HERBS & SPICES\*

Avoid seasoning mixes

### ORGANIC KETCHUP

### MUSTARDS\*

### EXTRACTS\*

Vanilla, almond, peppermint

### TABASCO\*

### CHIPOTLE HOT PEPPER JAR\*

### HORSERADISH\*

## VEGETABLES\*

### SQUASH

Acorn, butternut, winter, spaghetti, pumpkin

### ZUCCHINI

### TOMATOES

### CELERY

### ONIONS

### BELL PEPPERS

All colors

### MUSHROOMS

All varieties

### ARTICHOKE

### LETTUCES

All varieties

### SWEET POTATOES

### ASPARAGUS

### ROOT VEGGIES

Carrots, beets, jicama, turnip, parsnip, rhubarb, rutabaga

### CRUCIFEROUS VEGGIES

Broccoli, cabbage, cauliflower

### SNOW/SUGAR SNAP PEAS

### RADISHES

### PUMPKIN

### GREENS

Beet, mustard, collard, kale

### SPINACH

## GRAINS/LEGUMES

### EZEKIEL BREAD, WRAPS, PITAS & ENGLISH MUFFINS

### BROWN RICE

### QUINOA\*

### STEEL-CUT OATMEAL

### LEGUMES

Kidney, garbanzo, white, lentil

## FRUITS

### APPLES\*

All varieties (except for Paleo, only Red Delicious or Granny Smith)

### KIWI\*

### MELONS

Cantaloupe, watermelon, honeydew

### CHERRIES

### PLUMS

### PEARS

### BANANAS

### BERRIES\*

Blackberries, blueberries, strawberries and raspberries

### GRAPES

### LEMONS/LIMES\*

### MANGOES/PAPAYAS

### POMEGRANATES\*

### ORANGES/TANGERINES

### GRAPEFRUIT

### PEACHES

## SWEETS/BAKING

### STEVIA IN THE RAW\*

### RAW HONEY\*

### DARK CHOCOLATE OR CACAO CHIPS

Organic

### PURE MAPLE SYRUP\*

### COCONUT SUGAR CRYSTALS

### BAKING SODA\*

### ALMOND/COCONUT FLOUR\*

### COCONUT FLAKES