

# HEALTHY SHOPPING LIST

GOAL: AIM FOR 75% OF YOUR DIET TO BE PLANT-BASED. ORGANIC IS BEST.

(AVOID PROCESSED FOODS, HIGH-GLYCEMIC FOODS & ANY FOOD THAT CAUSES DISCOMFORT/INFLAMMATION)

## FRUITS

- apples
- avocados
- bananas
- blackberries
- blueberries
- cherries
- figs
- kiwi
- lemons
- melon
- oranges
- papaya
- peaches
- pears
- plums
- raspberries
- strawberries

## VEGETABLES

- artichokes
- arugula
- asparagus
- bok choy
- broccoli
- brussels sprouts
- cauliflower
- celery
- cucumber
- eggplant
- fennel
- green beans
- kale
- mushrooms
- peppers
- romaine lettuce
- snap peas
- spinach
- squash
- tomatoes
- zucchini

## ROOT VEGETABLES

- beets
- carrots
- onions
- radish
- sweet potatoes
- turnips
- yams
- yucca

## BEANS/LEGUMES

- black beans
- cannellini beans
- chickpeas
- edamame
- kidney beans
- lentils
- lima beans
- pinto beans

## HEALTHY PROTEIN CHOICES

- Grass-fed meat
- Organic, pasture-raised chicken
- Pasture-raised eggs
- Wild-caught fish (salmon, trout, cod, halibut, flounder, mackerel, red snapper, sea bass, whitefish)
- Crab, lobster, shrimp, clams, mussels, scallops
- Sardines
- Anchovies
- Organic tofu

## GLUTEN-FREE GRAINS

- buckwheat
- oats/oatmeal
- quinoa
- wild rice

## SPICES

- basil
- black pepper
- cayenne pepper
- cilantro
- cumin
- dill weed
- garlic
- ginger
- oregano
- mint
- rosemary
- thyme
- turmeric

## SNACKS

- dark chocolate
- nuts (walnuts, almonds, pistachios, pecans)
- seeds (chia seeds, flaxseeds, pomegranate seeds, pumpkin seeds, sesame seeds, sunflower seeds)
- olives
- hummus or guacamole
- almond butter (or any nut butter)
- fruit or veggie slices (combine w/any of the above)

## BEST OILS

- avocado oil
- extra-virgin olive oil
- coconut oil
- almond or macadamia nut oil
- SCT or MCT oil

## DAIRY/YOGURT

- almond milk/yogurt
- coconut cream/yogurt
- Greek yogurt
- grass-fed butter or ghee (clarified butter)
- feta cheese/goat cheese

## NATURAL SWEETENERS

- cinnamon
- coconut sugar
- honey/maple syrup
- stevia