



Shopping List

Lean protein

Meat

- Lean/extra-lean cuts of beef
- Lamb
- Lean pork e.g. pork tenderloin
- Wild game (e.g. venison, elk)

Poultry

- Chicken
- Turkey
- Duck
- Eggs

Fish

- Tuna
- Salmon
- Tilapia
- Cod
- Haddock
- Trout
- Sardines or mackerel

Seafood & Shellfish

- Shrimp (fresh or plain frozen)
- Mussels, clams, scallops
- Crab, lobster
- Squid (calamari) or octopus

Dairy

- Milk
- Cottage cheese
- Plain yogurt / Greek yogurt
- Protein powders e.g. whey protein

Plant Based

- Lentils
- Beans
- Peas (chickpeas, pigeon peas, etc.)
- Hummus
- Tofu, tempeh
- Vegetarian protein powders e.g. hemp protein

Vegetables

- Artichoke
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok Choy
- Broccoli
- Brussel sprouts
- Cabbage e.g. Napa, purple, etc.
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant / aubergine

- Fennel / anise
- Fresh herbs e.g. parsley, basil
- Garlic
- Green beans
- Green peas
- Green peppers
- Kale
- Lettuce
- Mushrooms
- Okra
- Onions, leeks, shallots
- Turnip greens
- Collard greens
- Radishes
- Rapini (broccoli rabe)

- Red lettuce, radicchio
- Red peppers
- Rhubarb stems
- Spinach
- Sweet potatoes
- Tomatoes
- Winter squash and pumpkin
- Zucchini / courgette



Shopping List

Smart carbohydrates

Whole Grains

- Oats
- Buckwheat
- Barley
- Brown, red, or wild rice
- Amaranth
- Sorghum
- Quinoa
- Spelt
- Kamut
- Teff
- Wheat berries (whole wheat kernels)
- Sprouted grains or breads

- Whole grain pasta

Starchy Tubers

- Purple, red, or gold potatoes
- Sweet potatoes / yams
- Yuca / cassava

Legumes

- Lentil & beans
- Bean / lentil pasta

Fruits

- Apples
- Apricots
- Banana
- Berries
- Cantaloupe
- Cranberries (fresh)

- Currants (fresh)
- Grapefruit
- Grapes
- Guava
- Lemons, limes
- Mangoes
- Melons
- Oranges
- Peaches, nectarines
- Persimmons
- Pineapple
- Plantains
- Plums
- Pomegranates
- Strawberries
- Watermelon

Healthy fats

Cold-pressed oils

- Extra-virgin olive oil
- Walnut oil
- Hemp seed oil
- Pumpkin seed oil
- Avocado seed oil
- Flax seed oil
- Extra-virgin coconut oil
- Fish oil or algae oil
- Butter (grassfed / organic if possible)

- Fresh avocado or fresh guacamole

Nuts & Seeds

- Raw, unflavored, unsalted nuts e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.
- Raw, unflavored, unsalted seeds e.g. pumpkin seeds, sunflower seeds, hemp seeds, etc.

- Ground flax seeds
- Coconut (including fresh coconut or coconut milk)
- Natural peanut butter
- Natural nut or seed butters e.g. almond butter, tahini, etc.