

# Recommended Grocery List

## Lean Protein Sources:

Whole eggs	Chicken breast	Ground turkey	Top sirloin	Eye of round
Roast beef	Bison	Shrimp	Venison	Scallops
Tilapia	Cod	Salmon	Pork loin	Turkey sausage

- Look for cage free (eggs), wild caught (fish), grass fed (beef), free range (poultry).

## Fibrous Vegetable Sources:

Alfalfa sprouts	Artichokes	Asparagus	Bamboo shoots	Broccoli
Cabbage	Carrots (raw)	Celery	Celery root	Swiss chard
Collards	Cucumber	Eggplant	Endive	Fennel
Green pea pods	Peppers	Radicchio	Radishes	Sauerkraut
Salad greens	Scallions	Spinach	Zucchini	Squash
Tomatillos	Tomatoes	Turnip greens	Turnips	Watercress

- Raw or steamed is the preferred method of preparation.

## Healthy Fat Sources:

Almonds	Almond Butter	Brazil Nuts	Cashews	Hazelnuts
Macadamias	Walnuts	Avocados	Olives	Olive oil

- Nuts should be raw and unsalted.
- Olive oil should be extra virgin and in a dark, glass bottle.

## Low-Glycemic Carbohydrate Sources:

Blackberries	Marionberries	Blueberries	Raspberries	Strawberries
Cherries	Apples	Peaches	Pears	Acai berries
Cranberries	Lingonberries	Goji berries	Acerola fruit	Sea buckthorn

- The best fruit is the type you can eat the skin (higher in antioxidants and lower in sugar).

## Liquid sources:

Water	Coffee	Green tea	Herbal infusions
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- Liquid should be calorie-free and chemical-free (no artificial sweeteners).
- Coffee and tea should be purchased organic.