



GROCERY SHOPPING LIST

Proteins	Veggies & Fruits	Fats	Spices	Beverages	Use Sparingly!
Beef Bison Chicken Duck Eggs Fish Goat Kangaroo Lamb/mutton Pork Rabbit Shellfish Turkey Venison Opt for free-range, grass-fed, pastured, etc. when possible. - If purchasing standard factory-farmed meat, opt for the leanest cuts available. - If free-range, grass-fed, hunted, pastured, or wild-caught, you can opt for the fattiest cuts available	Asparagus Artichoke Avocado Berries Bok Choy Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Cilantro Collard Greens Cucumber Eggplant Fennel Garlic Green Beans Green Onion Kale Lettuce Olives Onion Peppers Pumpkin Radish Spinach Squash Sweet Potato Tomato Yam Zucchini	Almonds Avocado* Bacon fat** Butter** Cashews Chestnuts Chocolate (dark) Coconut* Egg yolks** Fish oil Ghee** Krill oil Lard Macadamia* Olive* Palm oil Pecans Tallow *Whole food, or oil **Pastured or grass-fed only	All-spice Apple cider vinegar Basil Bay leaves Cardamom Chili powder Cilantro Cinnamon Cloves Cumin Curry Dill Garam Masala Garlic Ginger Herbs de Provance Mustard Nutmeg Oregano Paprika Parsley Pepper Rosemary Sea Salt Thyme Tumeric Vanilla	Coconut water Coffee Green tea Iced Tea* Kombucha Mineral water Nut milks Water** Yerba mate Full-fat dairy (whole milk, half and half, heavy cream, yogurt) is well tolerated by some, but not all. If in question, opt for no dairy at all (except grass-fed butter and ghee) * Unsweetened, fresh brewed ** If you need something extra, opt for water with lemon, lime, or fruit	Starches: Peas Plantains Potatoes Rice High Sugar Fruits: Apple Banana Date Orange Pineapple Melon *These are okay, but should not be staple foods unless consumed directly following your workout. Stay away if you are trying to lose weight.