



A Better You...Today!

Shopping List Example

PROTEINS

- *Grass-fed Beef
- *Grass-fed Burger
- Ground Beef
- Beef Steaks
- Beef Ribs
- Roast Chicken
- Chicken Breast
- Chicken Livers
- Turkey
- Pork Tenderloin
- Pork chops
- Pork ribs
- Rack of Lamb
- Lamb chops
- Duck
- Wild Meats (Buffalo, Elk, Venison, Wild Boar, Ostrich)
- *Wild Salmon
- Shrimp
- Mussels
- Wild Cod
- Wild Scallops
- Crab
- Oysters
- Clams
- Herring
- Anchovies
- Sardines
- Bacon (nitrate-free)
- Sausage (nitrate-free)
- Chicken-Apple sausage
- Eggs (Omega-3)
preferably Free Range

FATS

- *Olive Oil (extra virgin)
- Olive Oil (light)
- Coconut Oil
- Avocado Oil
- Macadamia Oil
- Coconut Milk
- Omega-3 liquid
(supplementation)

VEGETABLES

- Asparagus
- Mushrooms
- Onion
- Shallots
- Garlic
- Avocado
- Artichoke Hearts
- *Brussel Sprouts
- *Broccoli
- *Cauliflower
- Carrots
- Celery
- Cabbages
- Cucumber
- *Kale
- Leeks
- Spaghetti squash
- Spinach
- Zucchini
- Tomatoes
- Peppers (any color)
- Eggplants
- Arugula (salad)
- Romaine (salad)
- Watercress (salad)
- Baby Mixed Greens

BEVERAGES

- Water
- Coconut Water (i.e. Zico)
- Green Tea
- Herbal tea
- Coconut Milk
- Espresso

TREATS & SWEETS

- 70%+ dark chocolate
- raw organic honey
- pure organic maple syrup

FRUITS

- *Cherries
- *Blueberries
- *Pineapple
- *Papaya
- Strawberries
- Watermelon
- Cantaloupe
- Lemons
- Limes
- Oranges
- Apples
- Pears
- Banana
- Mango

NUTS (raw/unsalted)

- Almonds
- Walnuts
- Macadamia
- Cashews
- Brazil Nuts
- Pecans
- Pine Nuts
- Almond Butter

HERBS/SPICES

- Basil
- Cinnamon
- Cilantro
- Chili Powder
- *Garlic
- *Ginger
- Oregano
- Nutmeg
- *Turmeric
- Rosemary
- Celtic Sea Salt

NOTE: Foods marked (*) are naturally anti-inflammatory



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Customize Your Own Shopping List

PROTEINS

FRUITS

FATS

VEGETABLES

NUTS (raw/unsalted)

MISCELLANEOUS
