

Grocery List

Protein

Red Meat (beef, lamb, bison,
game meat)

Chicken, turkey

0% plain greek yogurt, Skyr

Cottage cheese

Wild caught fish or seafood
(salmon, sardines, herring,
anchovies, halibut, shrimp)

Free range whole eggs

Liquid egg whites

BPA free canned salmon/tuna

Grocery List

Performance Fats

Cold Pressed Coconut Oil

Cold Pressed Organic Avocado
or Olive Oil

Grass fed Butter or Ghee

Avocado

Raw nuts (almonds, walnuts,
macadamia, cashew, Brazil nuts)

Nut butter

Whole Chia Seeds

Olives



Grocery List

Carbohydrates

Fruit (apple, pear, peach, citrus)

Sprouted grain breads

One Degree Organic Oats

BPA free canned beans and lentils

Honey, maple syrup

Frozen organic berries

Rice, rice noodles/pasta (we love the Jovial brand)

Starchy vegetables (sweet potato, white potato, plantain)

Mary's Organic Crackers

Cassava Coconut Wraps (we love Siete)

Plain rice cakes

Grocery List

Vegetables

Raw vegetables (cucumber, carrots, bell peppers, tomatoes, celery)

Green vegetables (green beans, zucchini, leafy greens, broccoli/cauliflower)

Frozen vegetable mixes

Salad mixes

Garlic

Red onion, sweet vidalia, green onion

Frozen Cauliflower Rice

Spaghetti Squash

Grocery List

Sauces, Seasonings, Condiments

Quality salt (Redmond Real Salt, Grey Celtic Salt, Maldon)

Herbamare, spice mixes without added sugar

Whole 30 approved sauces and condiments (The New Primal, Primal Kitchen)

Hummus, pesto, salsa (without hydrogenated oils (canola, vegetable, soybean)

Apple Cider Vinegar

Coconut Aminos

Hot sauce (without sugar and hydrogenated oils)

Mustard

Chosen Foods Avocado Oil Mayo