# SHOPPING LIST

## PROTEINS & ANIMAL FOODS

- Chicken (legs, thighs, wings)
- Beef (ribs, ribeye, ground beef 70/30, etc)
- Lamb, turkey, farm-raised pork
- Low-mercury fish (sardines, anchovies, wild-caught salmon, herring, freshwater trout, cod, etc)
- Sardines
- Chicken wings
- Eggs (free range, organic)
- Bones (for broth)

## DAIRY

- Cottage cheese
- Plain full-fat Greek yogurt
  *(useful as a sour-cream or mayo substitute)*
- Kefir
- Grass-fed butter
- Raw whole milk
  *(alternatives: coconut or goat milk)*
- Raw heavy cream
- Raw Parmesan & other hard cheeses
  *(avoid shredded cheese)*

## COOKING FATS & OILS

**Best for cooking:**

- Ghee
- Grass-fed butter
- Coconut oil
- Tallow

**Best for cold use:**

- Extra-virgin olive oil
  *(for dressings, drizzling, etc.)*

## NUTS, SEEDS, & PRODUCE

- Lemons
- Avocados
- Green vegetables – spinach, Brussel sprouts
- Low-glycemic fruits – apples, grapefruits, blueberries
- Minimize almonds and peanuts if poorly tolerated; rotate nuts and seeds and favor a variety such as macadamias, pecans, pistachios, and Brazil nuts.
- Fresh herbs, garlic, ginger, turmeric, and spices
  *(e.g. basil, parsley, cilantro, rosemary, thyme, oregano, etc.)*

## CONDIMENTS, SAUCES, & ETC.

- Extra-virgin olive oil + vinegar
  *(balsamic, red wine, or apple cider vinegar)*
- Mustard (Dijon, yellow, or whole-grain)
  *(choose no-added-sugar varieties)*
- Pesto (EVOO, basil, garlic, nuts/seeds, Parmesan)
- Guacamole / mashed avocado
- Salsa / pico de gallo
  *(tomatoes, onion, cilantro, peppers, lime)*
- Tahini (100% ground sesame seeds)
- Hummus (preferably EVOO-based)
- Tzatziki (plain Greek yogurt, cucumber, garlic, herbs)
- Chimichurri (EVOO, parsley/cilantro, garlic, vinegar)
- Sauerkraut or kimchi
  *(naturally fermented and unpasteurized)*
- Horseradish (no added sugar)
- Hot sauce (simple ingredients: peppers, vinegar, salt, spices)
- Homemade mayonnaise (made with EVOO)
- Pepper
- Unrefined, mineral-rich salt (e.g. MAYI)
- Unsulfured blackstrap molasses
- Raw unfiltered honey
- Ceylon cinnamon
- Dark chocolate (>70% cocoa)
  *(avoid hydrogenated oils, soy lecithin, & artificial flavors)*

*CHOOSE ORGANIC, NON-GMO, & PASTURE-RAISED PRODUCE WHEN POSSIBLE