

APPROVED FOODS & GROCERY GUIDE

VEGETABLES, ROOTS AND TUBERS

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|---|--------------------------------------|---|--|
| <input type="checkbox"/> ARTICHOKE | <input type="checkbox"/> CABBAGE | <input type="checkbox"/> GREEN BELL PEPPERS | <input type="checkbox"/> ROMAINE LETTUCE |
| <input type="checkbox"/> ASPARAGUS | <input type="checkbox"/> CARROTS | <input type="checkbox"/> KALE | <input type="checkbox"/> SNAP PEAS |
| <input type="checkbox"/> BOK CHOY | <input type="checkbox"/> CELERY | <input type="checkbox"/> MUSHROOMS | <input type="checkbox"/> SPINACH |
| <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> CUCUMBERS | <input type="checkbox"/> ONIONS | <input type="checkbox"/> SWISS CHARD |
| <input type="checkbox"/> BRUSSELS SPROUTS | <input type="checkbox"/> EGGPLANT | <input type="checkbox"/> PARSNIPS | <input type="checkbox"/> YELLOW BELL PEPPERS |
| <input type="checkbox"/> CAULIFLOWER | <input type="checkbox"/> GREEN BEANS | <input type="checkbox"/> RED BELL PEPPERS | <input type="checkbox"/> |

STARCHY VEGETABLES

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|---|---|---|
| <input type="checkbox"/> BEETS | <input type="checkbox"/> BUTTERNUT SQUASH | <input type="checkbox"/> SWEET POTATOES |
| <input type="checkbox"/> BROWN POTATOES | <input type="checkbox"/> RED POTATOES | <input type="checkbox"/> ZUCCHINI |

FRUITS

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|--|--|-------------------------------------|--|
| <input type="checkbox"/> APPLES | <input type="checkbox"/> DATES (SPARINGLY) | <input type="checkbox"/> LIMES | <input type="checkbox"/> PLUMS |
| <input type="checkbox"/> APRICOTS | <input type="checkbox"/> FIGS | <input type="checkbox"/> LYCHEE | <input type="checkbox"/> POMEGRANATES |
| <input type="checkbox"/> AVOCADOS | <input type="checkbox"/> GUAVAS | <input type="checkbox"/> MANGOS | <input type="checkbox"/> RASPBERRIES |
| <input type="checkbox"/> BANANAS (SPARINGLY) | <input type="checkbox"/> GRAPEFRUIT | <input type="checkbox"/> ORANGES | <input type="checkbox"/> STRAWBERRIES |
| <input type="checkbox"/> BLACKBERRIES | <input type="checkbox"/> GRAPES | <input type="checkbox"/> PAPAYAS | <input type="checkbox"/> ROMA TOMATOES |
| <input type="checkbox"/> BLUEBERRIES | <input type="checkbox"/> HONEYDEW MELONS | <input type="checkbox"/> PEACHES | <input type="checkbox"/> CHERRY TOMATOES |
| <input type="checkbox"/> CANTALOUPE | <input type="checkbox"/> KIWIS | <input type="checkbox"/> PEARS | <input type="checkbox"/> WATERMELON |
| <input type="checkbox"/> CHERRIES | <input type="checkbox"/> LEMONS | <input type="checkbox"/> PINEAPPLES | |

FATS

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|---|---|--|-------------------------------------|
| <input type="checkbox"/> AVOCADO OIL | <input type="checkbox"/> GHEE | <input type="checkbox"/> OLIVE OIL | <input type="checkbox"/> WALNUT OIL |
| <input type="checkbox"/> COCONUT OIL | <input type="checkbox"/> BACON FAT/LARD | <input type="checkbox"/> MACADAMIA OIL | |
| <input type="checkbox"/> GRASS-FED BUTTER | <input type="checkbox"/> DUCK FAT | <input type="checkbox"/> TALLOW | |

BEVERAGES

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|--|---|---|
| <input type="checkbox"/> ALMOND MILK | <input type="checkbox"/> RAW MILK | <input type="checkbox"/> TEA |
| <input type="checkbox"/> COCONUT MILK | <input type="checkbox"/> ORGANIC WHOLE MILK | <input type="checkbox"/> KOMBUCHA |
| <input type="checkbox"/> COCONUT WATER | <input type="checkbox"/> FLAX MILK | <input type="checkbox"/> WATER (MINERAL, SPARKLING, FILTERED) |

NUTS & SEEDS

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|--------------------------------------|---|--|--|
| <input type="checkbox"/> ALMONDS | <input type="checkbox"/> MACADAMIA NUTS | <input type="checkbox"/> PISTACHIOS | <input type="checkbox"/> SESAME SEEDS |
| <input type="checkbox"/> BRAZIL NUTS | <input type="checkbox"/> PECANS | <input type="checkbox"/> PUMPKIN SEEDS | <input type="checkbox"/> SUNFLOWER SEEDS |
| <input type="checkbox"/> CASHEWS | <input type="checkbox"/> PINE NUTS | <input type="checkbox"/> QUINOA | <input type="checkbox"/> WALNUTS |
| <input type="checkbox"/> HAZELNUTS | | | |

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MEAT & POULTRY

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|--|----------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> BACON | <input type="checkbox"/> STEAK | <input type="checkbox"/> TURKEY | <input type="checkbox"/> PORK |
| <input type="checkbox"/> BEEF (80% LEAN) | <input type="checkbox"/> BISON | <input type="checkbox"/> DUCK | <input type="checkbox"/> VEAL |
| <input type="checkbox"/> BEEF (90% LEAN) | <input type="checkbox"/> CHICKEN | <input type="checkbox"/> LAMB | <input type="checkbox"/> VENISON |

SEAFOOD

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|----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> CATFISH | <input type="checkbox"/> LOBSTER | <input type="checkbox"/> SALMON | <input type="checkbox"/> TUNA |
| <input type="checkbox"/> CLAMS | <input type="checkbox"/> MAHI MAHI | <input type="checkbox"/> SARDINES | <input type="checkbox"/> TROUT |
| <input type="checkbox"/> CRAB | <input type="checkbox"/> MUSSELS | <input type="checkbox"/> SCALLOPS | <input type="checkbox"/> SEA BASS |
| <input type="checkbox"/> HALIBUT | <input type="checkbox"/> OYSTERS | <input type="checkbox"/> SHRIMP | |

KITCHEN STAPLES

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|---|---|--|--------------------------------------|
| <input type="checkbox"/> ALMOND FLOUR | <input type="checkbox"/> SALSA (HOMEMADE, FROM CHICKEN BEEF OR VEGGIES) | <input type="checkbox"/> FAT-FREE MAYO | <input type="checkbox"/> LEMON JUICE |
| <input type="checkbox"/> COCONUT FLOUR | <input type="checkbox"/> BROTHS | <input type="checkbox"/> MUSTARD | <input type="checkbox"/> LIME JUICE |
| <input type="checkbox"/> NUT BUTTERS (EXCLUDING PEANUT) | <input type="checkbox"/> KETCHUP | <input type="checkbox"/> PICKLES | |

SUPPLEMENTS

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|--|--|----------------------------------|------------------------------------|
| <input type="checkbox"/> PROBIOTICS (UNLESS YOU EAT FERMENTED VEGTABLES OR DRINK KOMBUCHA) | <input type="checkbox"/> WHEY PROTEIN (GRASS-FED IF POSSIBLE OTHERWISE AN ISOLATE) | <input type="checkbox"/> MCT OIL | <input type="checkbox"/> VITAMIN D |
| | <input type="checkbox"/> COD LIVER OR KRILL OIL | | |

EGGS

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|---------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> CHICKEN EGGS | <input type="checkbox"/> GOOSE EGGS | <input type="checkbox"/> QUAIL EGGS | <input type="checkbox"/> TURKEY EGGS |
| <input type="checkbox"/> DUCK EGGS | | | |

GRAINS

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|-------------------------------------|--|---|-----------------------------------|
| <input type="checkbox"/> WHITE RICE | <input type="checkbox"/> EZEKIEL BREAD | <input type="checkbox"/> OATS (ORGANIC STEEL CUT) | <input type="checkbox"/> COUSCOUS |
|-------------------------------------|--|---|-----------------------------------|

EGGS

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|---------------------------------------|--------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> GREEK YOGURT | <input type="checkbox"/> FETA CHEESE | <input type="checkbox"/> MOZZARELLA CHEESE | <input type="checkbox"/> GOAT CHEESE |
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NOTES
