# Approved Foods & Grocery Guide

## Vegetables, Roots and Tubers
- Artichokes
- Asparagus
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cauliflower
- Cabbage
- Carrots
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Green Bell Peppers
- Kale
- Mushrooms
- Onions
- Parsnips
- Red Bell Peppers
- Romaine Lettuce
- Snap Peas
- Spinach
- Swiss Chard
- Yellow Bell Peppers

## Starchy Vegetables
- Beets
- Brown Potatoes
- Butternut Squash
- Red Potatoes
- Sweet Potatoes
- Zucchini

## Fruits
- Apples
- Apricots
- Avocados
- Bananas (sparingly)
- Blackberries
- Blueberries
- Cantaloupes
- Cherries
- Dates (sparingly)
- Figs
- Guavas
- Grapefruit
- Grapes
- Honeydew Melons
- Kiwis
- Lemons
- Limes
- Lychee
- Mangos
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranates
- Raspberries
- Strawberries
- Roma Tomatoes
- Cherry Tomatoes
- Watermelon

## Fats
- Avocado Oil
- Coconut Oil
- Grass-Fed Butter
- Ghee
- Bacon Fat/Lard
- Duck Fat
- Olive Oil
- Macadamia Oil
- Tallow
- Walnut Oil

## Beverages
- Almond Milk
- Coconut Milk
- Coconut Water
- Raw Milk
- Organic Whole Milk
- Flax Milk
- Tea
- Kombucha
- Water (mineral, sparkling, filtered)

## Nuts & Seeds
- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Quinoa
- Sesame Seeds
- Sunflower Seeds
- Walnuts
## APPROVED FOODS & GROCERY GUIDE

### MEAT & POULTRY
- Bacon
- Beef (80% Lean)
- Beef (90% Lean)
- Steak
- Bison
- Chicken
- Turkey
- Duck
- Lamb
- Pork
- Veal
- Venison

### SEAFOOD
- Catfish
- Clams
- Crab
- Halibut
- Lobster
- Mahi Mahi
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Tuna
- Trout
- Sea Bass

### KITCHEN STAPLES
- Almond Flour
- Coconut Flour
- Nut Butters (Excluding Peanut)
- Salsa (Homemade, from Chicken, Beef, or Veggies)
- Broths
- Ketchup
- Fat-Free Mayo
- Mustard
- Pickles
- Lemon Juice
- Lime Juice

### SUPPLEMENTS
- Probiotics (Unless you eat fermented vegetables or drink kombucha)
- Whey Protein (Grass-Fed if possible, otherwise an isolate)
- MCT Oil
- Cod Liver or Krill Oil
- Vitamin D

### EGGS
- Chicken Eggs
- Duck Eggs
- Goose Eggs
- Quail Eggs
- Turkey Eggs

### GRAINS
- White Rice
- Ezekiel Bread
- Oats (Organic Steel Cut)
- Couscous

### EGGS
- Greek Yogurt
- Feta Cheese
- Mozzarella Cheese
- Goat Cheese

### NOTES