



GROCERY LIST

FRUITS & VEGETABLES

RED

- _____
- _____
- _____

YELLOW/ORANGE

- _____
- _____
- _____

BLUE/PURPLE

- _____
- _____
- _____

GREEN

- _____
- _____
- _____

WHITE/TAN

- _____
- _____
- _____

FERMENTED FOODS

- Fermented Chili Paste
- Kefir
- Kimchi
- Kombucha
- Miso
- Pickles
- Sauerkraut
- Tempeh
- Yogurt

COOKING OILS

- Avocado Oil
- Coconut oil
- Grass-fed butter
- Ghee
- Olive oil

WHOLE GRAINS

- Amaranth
- Buckwheat
- Brown Rice
- Black Rice
- Brown rice tortillas
- Corn tortillas
- Kasha
- Quinoa
- Quinoa Pasta
- Rice Pasta
- Rye bread
- Sprouted bread
- Sourdough
- Wild Rice
- Whole grain bread
- Whole wheat pasta
- Whole wheat couscous

BEANS

- Black Beans
- Black Lentils
- Chickpeas (Hummus)
- Fava Beans
- French Lentils
- Green Lentils
- Kidney Beans
- Pinto Beans
- Red Lentils

SEEDS

- Chia seeds
- Flax seeds
- Pumpkin seeds
- Hemp seeds
- Sesame seeds
- Sunflower seeds

NUTS

- Almonds
- Brazil Nuts
- Cashews
- Hazelnut
- Peanuts
- Pecans
- Pinenuts
- Pistachio
- Walnuts

SEAFOOD

- Anchovies
- Arctic Char
- Clams
- Mackerel
- Mussels
- Oysters
- Sardines
- Shrimp
- Tuna
- Wild Salmon
- Rainbow Trout

MEAT

**choose meats that are pasture-raised, grass-fed and organic*

- Beef
- Buffalo
- Chicken
- Goat
- Lamb
- Liver
- Pork
- Turkey
- Venison

DAIRY & EGGS

**all dairy products should be organic and whole fat with no added sweetener*

- Butter
- Cheese
- Kefir (cow, goats or sheep)
- Yogurt (cow, goats or sheep)
- Eggs

**look for local, cage-free or pasture-raised and organic*

OTHER

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- _____
- _____
- _____
- _____
- _____
- _____