

{ FRESH FOODS SHOPPING LIST }

Protein

Ruminants (Beef, bison, venison, lamb, etc)

Optimal: Grass Fed & Organic
Great: Hormone & Antibiotic free (Organic)
Good: Standard grocery store quality

Non Ruminants (Pork, boar, rabbit, etc)

Optimal: Pastured & Organic
Great: Hormone & Antibiotic free (Organic)
Good: Standard grocery store quality

Poultry (Chicken, Turkey, Duck, Goose, etc)

Optimal: Pastured & Organic
Great: Hormone & Antibiotic free (Organic)
Good: Standard grocery store quality



When choosing sausages and deli meats, check the labels and/or ask your butcher questions about ingredients! These products often contain wheat crumbs or other texturizers, fillers, and chemical preservatives.

Hold your processed & cured meats to the same standard as your other meat products!

Eggs (Omega-3 Enriched Optional)

Optimal: Pastured (Free Range) & Organic
Great: Organic
Good: Standard grocery store quality

Seafood

Optimal: Sustainable Source & Wild Caught
Great: Wild Caught OR Sustainable
Good: Farm Raised

Produce

Vegetables

- Acorn Squash
- Artichoke
- Arugula
- Asparagus
- Beet Greens
- Belgian Endive
- Bell Peppers
- Bok Choy
- Broccoli
- Broccolini
- Brussel Sprouts
- Butter Lettuce
- Buttercup Squash
- Butternut Squash
- Cabbage
- Carrots

- Cauliflower
- Celery
- Celery Root
- Chives
- Collard Greens
- Cucumber
- Daikon Radish
- Eggplant
- Endive
- Fennel
- Fiddlehead Ferns
- Garlic
- Greens (beet, mustard)
- Green Beans
- Hot Peppers
- Jerusalem Artichoke (Sunchoke)

- Jicama
- Kale
- Leeks
- Lettuce (Iceberg, Romaine)
- Mushroom
- Okra
- Onions
- Parsnips
- Pumpkin
- Radicchio
- Radishes
- Red Leaf Lettuce
- Rhubarb
- Rutabaga
- Shallots
- Snow Peas

- Spaghetti Squash
- Spinach
- Spring Mix Greens
- Sugar Snap Peas
- Summer Squash
- Sweet Potato
- Swiss Chard
- Tomatoes
- Turnips
- Watercress
- Yams
- Zucchini

Fruit

- Apples
- Apricot
- Asian Pears
- Avacados
- Bananas
- Blackberries
- Black Currants
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Clementines

- Cranberries
- Dates
- Elderberries
- Figs
- Grapefruit
- Grapes
- Honeydew Melons
- Kiwi
- Kumquats
- Lemons
- Limes
- Mangoes

- Nectarines
- Oranges
- Papaya
- Passion Fruit
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Watermelon



Fats

- Animal fat (Duck fat, Bacon fat)
- Butter

- Coconut Oil (Virgin, Cold pressed)
- Ghee (clarified butter)

- Olive oil (Extra Virgin, Cold pressed)
- ** Avoid vegetable and seed oils, margarine

Occasional Items

- Dried Fruit

- Cheese (Raw/Unpasteurized)

- Nuts (almonds, brazil nuts cashews, hazelnuts, walnuts)