

Healthy Carbs Shopping List

These foods are suggestions for you to help you have a starting point for buying healthy carbs. As with any nutritional advice/suggestions, take what works for you and leave the rest.

Whole Grains

- Whole, intact grains such as brown or wild rice, amaranth, barley, buckwheat, millet, oat groats, quinoa, wheat berries
- Whole or sprouted grain flour foods, breads, bagels, English muffins, pastas, and wraps.
- Steal-cut oats or old-fashioned oats
- Corn

Beans and legumes

- Beans (all)
- Lentils
- Peas

Dairy

- Kefir, plain
- Non-greek yogurt, plain

Starchy Tubers

- Potatoes (all colors)
- Sweet potatoes
- Taro
- Yuca

Fruits

- Fresh fruit
- Frozen fruit
- Dried fruit, unsweetened

*It may take some trial and error to find how fruits affect you with your digestion and energy levels. Some people find that fruit will hold them for a while, but some people find that they react better to starchier carbs vs sweeter ones. Especially when considering some tropical or dried fruits, some people have more extreme blood sugar spikes.

**Making sure to have some protein and fat with each serving of carbs can help to prevent negative effects on blood sugar levels.

Healthy Fats Shopping List

These foods are suggestions for you to help you have a starting point for buying healthy fats. As with any nutritional advice/suggestions, take what works for you and leave the rest.

Plant-based

- Avocado and avocado oil
- Cacao
- Cold-pressed nut and seed oils
- Fresh coconut and coconut oil
- Nuts and seeds (don't forget Hemp/Flax/Chia)
- Nut and seed butter
- Olives and extra virgin olive oil (EVOO)

Supplement

- An omega-3 fatty acid supplement like fish oil, krill oil, or alga oil

Animal-based

- Aged cheese*
- Butter*
- Higher-fat dairy*
- Egg yolks*

Higher-fat animal proteins^^

- Fattier cuts of beef and pork
- Fattier cuts of lamb and mutton
- Fattier cuts of poultry (dark meat on chicken, duck, etc.)
- Fattier fish (salmon or herring)**

*The fat quality will be best if these are from grass-fed and/or pasture-raised sources.

**The fat quality will be best if these are wild caught-vs farmed.

^^These are protein-rich foods that are also rich in fats but still considered protein when using hand measurements.

Healthy Protein Shopping List

Our recommendations are made with an eye toward a variety of cuisines and diets in mind. While some of the foods on this list appear to be quite different from what you are accustomed to, they all have their place somewhere across the world. Take what works for you and leave the rest.

Animal-based

- Beef, bison, and buffalo
- Lean cuts of pork and boar
- Lamb
- Goat
- Wild game, such as elk, venison, caribou, moose
- Poultry such as chicken, turkey, duck, pigeon
- Fish
- Seafood such as shrimp, squid, octopus, lobster, crayfish
- Mollusks such as clams, mussels, scallops, snails (escargot)
- Dairy such as cottage cheese or strained greek yogurt
- Eggs and egg whites
- Rodents such as rabbit, squirrel, beaver, guinea pig
- Reptiles and amphibians such as snake, alligator/crocodile, frog
- Insects
- Whale (non-fatty tissues_
- Seal (non-fatty tissue)

Plant-based

- Tempeh, tofu, or edamame
- Beans, lentils, and legumes
- Seitan

Supplement

- Protein powder (whey, casein, pea, brown rice, hemp, egg, bone broth, collagen, cricket, etc.)

These foods are all relatively lean protein sources, foods like bacon and pork skins are not on this list because they are higher in fat than they are protein.

Fruit & Veggie Shopping List

As with any suggestion, takes what works for you and leave the rest.

Purple & Blue

- Eggplant, purple carrots, purple peppers, purple cauliflower, purple asparagus, purple cabbage, purple kale, black cherries, black currants, black grapes, black/purple plums, blueberries, blackberries.

Orange & Yellow

- Winter squash varieties, yellow zucchini/summer squash, pumpkin, orange/yellow peppers, orange/yellow carrots, orange cauliflower, orange/yellow beets, apricots, peaches, nectarines, cantaloupe, mangos, oranges, papayas, pineapple.

Red & Pink

- Beets, red cabbage, red onions, red leaf lettuce, radicchio, red peppers, red-skinned radishes, tomatoes, rhubarb, raspberries, salmonberries, cranberries, lingonberries, cherries, pink dragonfruit, red grapefruit, red grapes, red apples, strawberries, watermelon.

Green

- Beet greens, broccoli, broccolini, rapini, brussel sprouts, fresh herbs (basil, parsley, cilantro, mint, sage, rosemary, thyme), green beans, snap peas, kale, spinach, okra, turnip greens, collard greens, swiss chard, arugula, tomatillos, zucchini, cucumber, romaine lettuce, green peppers, asparagus, cabbage, kiwis.

White

- Bean sprouts, cauliflower, celery, daikon radish, fennel/anise, celery, garlic, jicama, mushrooms, onions, leeks, shallots, iceberg lettuce, white carrots, bananas.