

Food Shopping Guide

For this program we deal with a 'food plan' instead of a prescribed and specific 'meal plan'. This is for many reasons: 1) it actually feels less restrictive to work with a food plan so you can do what feels right for you and your culture, 2) it allows more freedom and creativity, and 3) it contributes to a better balanced approach.

Below is an example of what you'll be mostly eating but it is not an exhaustive list. If it's whole and unprocessed then it is a great addition to your food plan.

In Module 2 we will expand on all of this and we will get very specific on all our macronutrients, micronutrients, and quantities for each. For now work on eliminating things as best you can and replacing with whole, unprocessed foods.

Grass-fed meats and poultry:

- Beef, pork, chicken, turkey, duck, goat, venison, bison, veal, lamb, other wild game meats
- Bacon is good even though it is "processed meat" - get uncured, sugar free

Wild-caught fish:

- Salmon, sardines, mackerel, cod, halibut, etc.

Traditional fats:

- Coconut oil, butter, tallow, ghee, lard, duck fat

Vegetable fats:

- Olive oil, avocado oil, coconut milk

Eggs - ideally pasture-raised or free-range



Starchy tuber carbohydrates (vegetables):

- Sweet potatoes, yams, plantains, squash varieties, yucca, taro, beets, carrot, parsnip, radish, etc.

Non-starchy carbohydrates (vegetables):

- Any fresh (or frozen can work, too, though ideally mostly fresh) vegetable - dark leafy greens especially but go for a variety of textures and colors - red, yellow, orange, green, purple

Fruit of all kinds - all varieties of colors and flavors

Nuts and seeds:


- Almonds, macadamia, pistachios, brazil nuts, hazelnuts, walnuts, nut butters (peanut, almond, cashew, etc)

Vinegar:

- Red wine vinegar, balsamic, white, apple cider.

Natural sweeteners:

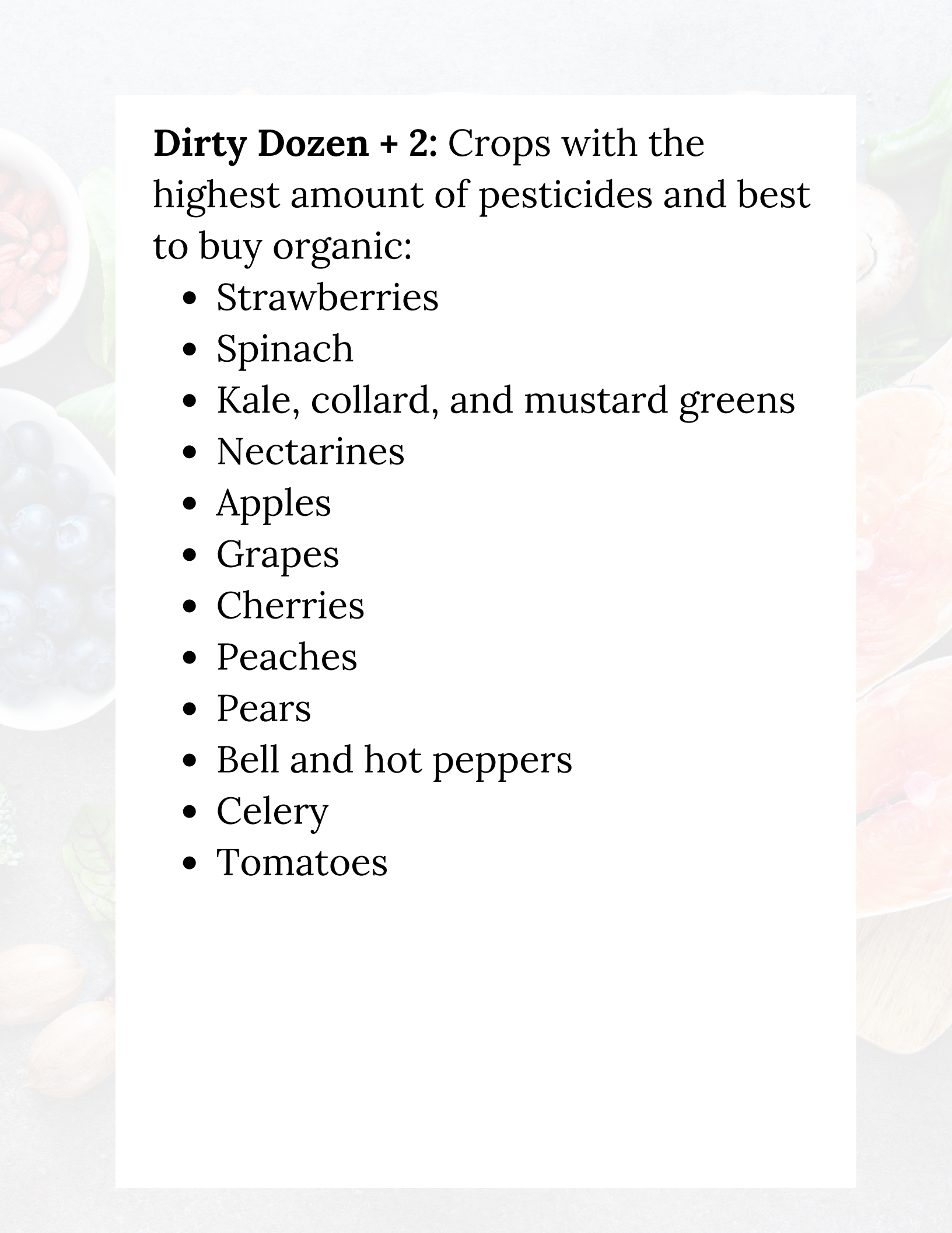
- Honey, maple syrup, coconut sugar, maple sugar are preferred.
- NO agave (no refined white sugar either)



CLEAN 15: Safest conventional produce to buy:

- Avocados
- Sweet corn*
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Eggplant
- Asparagus
- Broccoli
- Cabbage
- Kiwi
- Cauliflower
- Mushrooms
- Honeydew melon
- Canteloupe

*Some sweet corn, papaya, and summer squash in the US are from genetically modified seeds, so buy organic if you want to avoid GMO's



Dirty Dozen + 2: Crops with the highest amount of pesticides and best to buy organic:

- Strawberries
- Spinach
- Kale, collard, and mustard greens
- Nectarines
- Apples
- Grapes
- Cherries
- Peaches
- Pears
- Bell and hot peppers
- Celery
- Tomatoes

PROCESSED AND ULTRA-PROCESSED FOODS

Processed and ultra-processed foods are all those boxed and packaged foods that include some substance extracted from real food (for example, skim milk or whey) but then have a whole bunch of additives, preservatives, chemicals, and other lab-created ingredients that we can't pronounce. These are things like breakfast cereals, cookies, cakes, chips, soda's — these foods move through a machine and are chemically or structurally changed in some way and have added preservatives. These types of foods are full of pesticides, chemicals, and contribute to toxin overload in our body.

Heavily processed foods are foods we're going to completely eliminate during this phase. Focus on eating whole and unprocessed foods which are those that come directly from an animal, a tree, the ground, etc. and do not get altered or changed in any way. Fresh vegetables, fruits, etc. as outlined above are all whole, unprocessed foods.