

Your Health is Wealth Shopping Checklist

Note: Buy fresh and organic when possible and affordable. Seek out “low impact” food sources. Always bring bags shopping, no plastic please!

Dairy

- ☐ Cottage Cheese
- ☐ Eggs
- ☐ Full-fat Milk
- ☐ Greek Yogurt
- ☐ Hard Cheese
- ☐ Keifer
- ☐ Mozzarella Sticks
- ☐ Sour Cream

Boxed Foods/Snacks

- ☐ Beef Jerky
- ☐ Cliff Bars
- ☐ Protein Bars
- ☐ Oatmeal
- ☐ Whole Grain Cereal*

Fruit (whole fruit, eliminate most juice)

- ☐ Apples
- ☐ Bananas*
- ☐ Berries
- ☐ Coconut
- ☐ Dried fruit snacks
- ☐ Grapefruit (pink)
- ☐ Grapes (red, seedless)
- ☐ Lemons
- ☐ Limes
- ☐ Melon
- ☐ Oranges
- ☐ Pears
- ☐ Pineapple*
- ☐ Strawberries

Beverages

- ☐ Coconut Juice
- ☐ Coffee*
- ☐ Daily protein shake 30-40g
- ☐ Fruit Juices (small amounts or diluted)
- ☐ Homemade lemonade w honey
- ☐ Honest Tea (mostly green tea)
- ☐ NO soda or energy drinks
- ☐ Red wine
- ☐ Sparkling Water
- ☐ V-8 low sodium
- ☐ Water (from BPA free bottles)

Meat, Fish, Poultry, Pork (grass fed, where possible)

- ☐ Beef and Pork (lean)
- ☐ Bacon
- ☐ Buffalo
- ☐ Chicken
- ☐ Fish/ Shellfish/Canned tuna/2x week max.
- ☐ Lamb
- ☐ Turkey

Breads (whole wheat or mixed grain only)*

- ☐ Corn Tortillas
- ☐ Grain Bagels
- ☐ Live Breads
- ☐ Pita Bread
- ☐ Whole Wheat English Muffins

Prepared Foods (cans, jars, etc.)

- ☐ Almond butter
- ☐ Applesauce (low sugar)
- ☐ Black Beans
- ☐ Hummus
- ☐ Spaghetti Sauce and Salsa

Vegetables (Fresh is best. Frozen is better than canned).

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|--------------------------------------|--|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Any other vegetable you love! |
| <input type="checkbox"/> Green beans | |
| <input type="checkbox"/> Kale | |
| <input type="checkbox"/> Leaks | |



Dry Goods

- ☐ Black Beans/Lentils*
- ☐ Dark Chocolate (90%)
- ☐ Green powder
- ☐ Pasta/Noodles (whole wheat)*
- ☐ Protein powder
- ☐ Wild Rice
- ☐ Spices (keep them fresh!)
- ☐ Vitamins

Frozen Foods

- ☐ Amy's Burritos
- ☐ Frozen Fruits and Vegetables
- ☐ Frozen Low-fat Yogurt
- ☐ Veggie Burgers
- ☐ Waffles (wheat or oat)*

Condiments

- ☐ Coconut Oil (unrefined)
- ☐ Maple Syrup (pure)
- ☐ Mustard
- ☐ Olive Oil (extra virgin)
- ☐ Organic Honey
- ☐ Organic Jelly/Jam
- ☐ Organic Ketchup
- ☐ Pickles
- ☐ Relish
- ☐ Salsa
- ☐ Sauce (low sodium)
- ☐ Vinegar (balsamic)



* Eat in limited quantities. Watch gluten sensitivities.