

# Grocery List

Bottom Line — Eat Real Food!

## PROTEIN

*\*Choose quality sources whenever possible, depending on availability and budget*

### RUMINANTS

\*100% grass-fed/  
grass-finished, organic

- BEEF
- BISON
- ELK
- GOAT
- LAMB
- VENISON
- \_\_\_\_\_

### NON-RUMINANTS

\*Organic, pastured or pasture-raised

- PORK
- RABBIT
- WILD BOAR
- \_\_\_\_\_

### POULTRY

\*Organic, pastured or  
pasture-raised

- CHICKEN
- DUCK
- PHEASANT
- QUAIL
- TURKEY
- \_\_\_\_\_

### EGGS

\*Organic, pastured or  
pasture-raised

- CHICKEN
- DUCK
- GOOSE
- QUAIL

### SEAFOOD

\*Wild-caught

- CRAB
- FISH
- LOBSTER
- OYSTERS
- SCALLOPS
- SHRIMP
- \_\_\_\_\_

### PROCESSED MEATS

\*Organic; pastured or pasture-raised; 100%  
grass-fed; no chemicals, sugar, MSG,  
carrageenan; consume sparingly

- BACON
- LUNCH OR DELI MEAT
- SAUSAGE

## FATS

*\*Choose quality fat sources: organic, pastured, 100% grass-fed animal fats and organic, extra-virgin, unrefined, cold-pressed oils; see The NativeBody Reset Guide to Healthy Fats for details*

### FOR COOKING

- ANIMAL FAT  
(LARD, TALLOW, DUCK FAT)
- AVOCADO OIL
- BUTTER
- COCONUT OIL
- GHEE
- MACADAMIA NUT OIL
- OLIVE OIL
- PALM OIL

### OTHER FATS FOR EATING

#### NUTS/SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- CHIA SEEDS
- FLAX SEEDS
- HEMP SEEDS
- MACADAMIA NUTS
- PECANS
- PISTACHIOS
- PUMPKIN SEEDS
- SESAME SEEDS
- SUNFLOWER SEEDS
- WALNUTS
- NUT BUTTERS  
(E.G., ALMOND,  
SUNFLOWER SEED)

#### NUTS/SEED OILS

- FLAXSEED OIL
- HEMP OIL
- PUMPKIN SEED OIL
- WALNUT OIL
- SESAME OIL  
(USE SPARINGLY)

#### OTHER

- AVOCADO
- COCONUT BUTTER
- COCONUT CREAM
- COCONUT MILK
- COCONUT FLAKES
- OLIVES

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## VEGETABLES

*\*Choose organic when possible*

- |   |   |  |   |   |
|---|---|--|---|---|
| <input type="checkbox"/> ARTICHOKE        | <input type="checkbox"/> CARROTS        | <input type="checkbox"/> JICAMA            | <input type="checkbox"/> RADISHES                           | <input type="checkbox"/> SQUASH<br>(YELLOW OR SUMMER) |
| <input type="checkbox"/> ARUGULA          | <input type="checkbox"/> CAULIFLOWER    | <input type="checkbox"/> KALE              | <input type="checkbox"/> RHUBARB                            | <input type="checkbox"/> SUGAR SNAP PEAS              |
| <input type="checkbox"/> ASPARAGUS        | <input type="checkbox"/> CELERY         | <input type="checkbox"/> LEEKS             | <input type="checkbox"/> RATUBAGA                           | <input type="checkbox"/> SWEET POTATO/YAM             |
| <input type="checkbox"/> AVOCADO          | <input type="checkbox"/> CELERY ROOT    | <input type="checkbox"/> LETTUCE (VARIETY) | <input type="checkbox"/> SNOW PEAS                          | <input type="checkbox"/> SWISS CHARD                  |
| <input type="checkbox"/> BEETS            | <input type="checkbox"/> COLLARD GREENS | <input type="checkbox"/> MUSHROOMS         | <input type="checkbox"/> SPINACH                            | <input type="checkbox"/> TOMATOES                     |
| <input type="checkbox"/> BELL PEPPERS     | <input type="checkbox"/> CUCUMBER       | <input type="checkbox"/> MUSTARD GREENS    | <input type="checkbox"/> SQUASH: ACORN                      | <input type="checkbox"/> TURNIPS                      |
| <input type="checkbox"/> BOK CHOY         | <input type="checkbox"/> EGGPLANT       | <input type="checkbox"/> OKRA              | <input type="checkbox"/> SQUASH: BUTTERNUT                  | <input type="checkbox"/> ZUCCHINI                     |
| <input type="checkbox"/> BROCCOLI         | <input type="checkbox"/> FENNEL         | <input type="checkbox"/> ONIONS            | <input type="checkbox"/> SQUASH: DELICATA                   | <input type="checkbox"/> _____                        |
| <input type="checkbox"/> BRUSSELS SPROUTS | <input type="checkbox"/> GARLIC         | <input type="checkbox"/> PARSNIP           | <input type="checkbox"/> SQUASH: SPAGHETTI                  |   |
| <input type="checkbox"/> CABBAGE          | <input type="checkbox"/> GREEN BEANS    | <input type="checkbox"/> PUMPKIN           | <input type="checkbox"/> SQUASH: OTHER<br>(E.G., PATTY PAN) |   |

## FRUITS

*\*Choose organic when possible*

- |                                       |                                       |   |                                      |                                       |
|---------------------------------------|---------------------------------------|---|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> APPLES       | <input type="checkbox"/> CHERRIES     | <input type="checkbox"/> HONEYDEW MELON | <input type="checkbox"/> PAPAYA      | <input type="checkbox"/> RASPBERRIES  |
| <input type="checkbox"/> APRICOTS     | <input type="checkbox"/> DATES        | <input type="checkbox"/> KIWI           | <input type="checkbox"/> PEACHES     | <input type="checkbox"/> STRAWBERRIES |
| <input type="checkbox"/> BANANAS      | <input type="checkbox"/> FIGS         | <input type="checkbox"/> LEMONS         | <input type="checkbox"/> PEARS       | <input type="checkbox"/> TANGERINES   |
| <input type="checkbox"/> BLACKBERRIES | <input type="checkbox"/> GOJI BERRIES | <input type="checkbox"/> LIMES          | <input type="checkbox"/> PINEAPPLE   | <input type="checkbox"/> WATERMELON   |
| <input type="checkbox"/> BLUEBERRIES  | <input type="checkbox"/> GRAPEFRUIT   | <input type="checkbox"/> MANGOES        | <input type="checkbox"/> PLUMS       | <input type="checkbox"/> _____        |
| <input type="checkbox"/> CANTALOUPE   | <input type="checkbox"/> GRAPES       | <input type="checkbox"/> NECTARINES     | <input type="checkbox"/> POMEGRANATE |                                       |

## HERBS & SPICES

*\*Choose organic when possible*

- |   |                                      |   |                                |
|---|--------------------------------------|---|--------------------------------|
| <input type="checkbox"/> <b>DRIED</b>   |                                      | <input type="checkbox"/> <b>FRESH</b>   |                                |
| <input type="radio"/> BASIL             | <input type="radio"/> CURRY POWDER   | <input type="radio"/> BASIL             | <input type="radio"/> MINT     |
| <input type="radio"/> BAY LEAVES        | <input type="radio"/> GARLIC POWDER  | <input type="radio"/> CHIVES            | <input type="radio"/> OREGANO  |
| <input type="radio"/> CARAWAY SEEDS     | <input type="radio"/> GINGER         | <input type="radio"/> CILANTRO          | <input type="radio"/> PARSLEY  |
| <input type="radio"/> CAYENNE PEPPER    | <input type="radio"/> GROUND CLOVES  | <input type="radio"/> DILL              | <input type="radio"/> ROSEMARY |
| <input type="radio"/> CHIPOTLE POWDER   | <input type="radio"/> GROUND MUSTARD | <input type="radio"/> GINGER            | <input type="radio"/> SAGE     |
| <input type="radio"/> CINNAMON          | <input type="radio"/> NUTMEG         | <input type="radio"/> HORSERADISH       | <input type="radio"/> THYME    |
| <input type="radio"/> CORIANDER         | <input type="radio"/> ONION POWDER   | <input type="radio"/> LEMONGRASS STALKS | <input type="checkbox"/> _____ |
| <input type="radio"/> RED PEPPER FLAKES | <input type="radio"/> OREGANO        |   |                                |
| <input type="radio"/> CUMIN             |                                      |   |                                |

## CONDIMENTS+

*\*Choose organic when possible; avoid added sugar and additives; read labels*

- |   |   |   |                                      |   |
|---|---|---|--------------------------------------|---|
| <input type="checkbox"/> ALMOND MEAL/FLOUR                        | <input type="checkbox"/> CAPERS         | <input type="checkbox"/> HOT SAUCE (PALEO-FRIENDLY) | <input type="checkbox"/> NUT BUTTERS | <input type="checkbox"/> TAMARIND PASTE       |
| <input type="checkbox"/> APPLE CIDER VINEGAR (RAW, UNPASTEURIZED) | <input type="checkbox"/> COCONUT AMINOS | <input type="checkbox"/> LEMON JUICE                | <input type="checkbox"/> OLIVES      | <input type="checkbox"/> THAI RED CURRY PASTE |
| <input type="checkbox"/> ARTICHOKE HEARTS                         | <input type="checkbox"/> COCONUT FLOUR  | <input type="checkbox"/> LIME JUICE                 | <input type="checkbox"/> PALEO MAYO  | <input type="checkbox"/> TOMATO PASTE         |
| <input type="checkbox"/> BAKING SODA                              | <input type="checkbox"/> COCONUT MILK   | <input type="checkbox"/> MARINARA OR TOMATO SAUCE   | <input type="checkbox"/> PEPPER      | <input type="checkbox"/> VANILLA EXTRACT      |
| <input type="checkbox"/> BALSAMIC VINEGAR                         | <input type="checkbox"/> DIJON MUSTARD  | <input type="checkbox"/> NORI FLAKES                | <input type="checkbox"/> SALSA       | <input type="checkbox"/> _____                |
| <input type="checkbox"/> BONE BROTH                               |   |   | <input type="checkbox"/> SEA SALT    |   |

### Shop the perimeter for fresh, whole foods.

Avoid packaged and canned food as much as possible. Better yet, shop at your local farmers market!

**\*Denotes** gold standard option. It can get confusing, so know your labels!