

Grocery Shopping Guide Summary Sheet

by Vicky Sham

Greens 🌿

Arugula/ Rockets
Asparagus (👍)
Chard
Collard Greens
Kale (🍎)
Choi Sum (organic)
Kai Lan (organic)
Spinach (🍎)
Courgettes (organic)
Cucumber (🍎)

Cruciferous

Artichoke
Broccoli (👍)
Brussel Sprouts (👍)
Cauliflower (👍)
Cabbages (👍)
Pak Choy (organic)
Radish
Turnips (👍)

Rainbow 🌈

Celery (🍎)
Red Peppers (🍎)
Yellow Peppers (🍎)
Green Peppers (🍎)
Eggplants (👍)
Fennel
Leeks
Mushrooms (👍)
Onions (👍)
Shallots

Root Vegetables 🥕

Beets
Carrots
Butternut Squash
Jicama
Lotus Root
Pumpkin
Sweet Potatoes
Yams

Basil
Dill
Cilantro
Mint
Oregano
Parsley
Rosemary
Black Pepper
Cinnamon
Cardamom
Garlic
Ginger
Nutmeg
Turmeric

🍎 Dirty dozen, always organic to minimise pesticide exposure
👍 Clean fifteen – ok to get conventional, tend to be root vegetables or have thicker skin
Source: [Environmental Working Group](#), the lists are updated every year

Avocados & Berries

Avocados (👍)
Strawberries (🍎)
Blueberries (🍎)
Blackberries (🍎)
Cranberries (🍎)
Raspberries (🍎)
Cherries (🍎)
Goji

Citrus 🍊

Lemon
Lime
Grapefruits
Oranges

Other Fruits

Apples (🍎)
Bananas
Cantaloupes (👍)
Dates (🍎)
Figs
Grapes (🍎)
Kiwis (👍)
Mangoes (👍)

Melons (👍)
Nectarines (🍎)
Plums (🍎)
Papayas (👍)
Passion fruits
Pears (🍎)
Peaches (🍎)
Pineapples (👍)
Pumpkins

Tomatoes (🍎)
Watermelons
Other tropical fruits

Eating whole fruits with skin, pulp and fibre provide more nutrition and less glycemic load than juicing

Animal Fats

Grass-fed [Ghee](#)
Grass-fed Butter
Tallow
Lard
Duck Fat
Organ Meats: Liver, Bone Marrow, Pate

Fats from the Sea

Wild & Sustainably Caught Fish: Salmon, Tuna, Mackerel, Cod, Eel, Sardines, Sole, Trout, Snapper
Shellfish - Crab, Lobster, Oysters, Mussels, Prawns, Shrimps, Scallops
Fish oil, Krill oil
Algae oil

Plant-based Fats

Avocado & [Avocado Oil](#)
Coconut & Coconut Oil
[MCT Oil](#)
Olives & Extra Virgin Olive Oil
Raw Nuts & Seeds
Nut & Seed Butters
Try [this](#)
Hemp, Flax, Chia & cold pressed oils

Raw Nuts & Seeds

Almonds
Brazil Nuts
Cashews
Hazelnuts
Pistachios
Pecans
Pumpkins Seeds
Pine Nuts
Sunflower Seeds
Walnuts
[Flax, Chia](#) & Hemp

Cooking Oils

Extra Virgin Olive Oil (light cooking)
Coconut Oil (medium heat)
Avocado Oil (high heat)
Grass-fed Ghee (high heat)
Tallow (high heat)
Lard (high heat)
Duck Fat (high heat)

🌿 Grass-fed and Pasture-raised animals are fed grass. They can exercise on pasture, behave naturally and are humanely raised
🐟 Wild, Sustainably Caught Fish & Seafood are more nutritional, safer and environmentally friendlier than farmed fish
Farmed animals or fish may be fed organic grain, which is not part of their natural diet of grass, algae or other microorganisms

Animal Protein

Beef 🌍
Chicken 🌍
Duck 🌍
Eggs 🌍
Fish 🐟
Seafood 🐟
Pork 🌍
Turkey
Wild Game 🐾

Plant-Based Protein

*Avoid if Paleo/ Keto
Green Peas, Beans
Pods, e.g. Edamame, French Beans
Grains*: Wheat, Barley, Rye (prefer gluten free)
Gluten-Free Grains*: Quinoa, Amaranth, Farro, Oats, Millet, Buckwheat, Rice, Teff

Legumes* & Beans*: Chickpeas, Lentils, Kidney Beans, Peanuts, Soy (prefer non-GMO, fermented & sprouted, such as Tofu, Tempeh)

Collagen, Bone Broth

Collagen powder 🌍
[Primal Kitchen](#), [Vital Proteins](#), [Dr. Axe](#), [Bulletproof](#)
Bone Broth 🌍
[Beef Chicken Gelatin](#)

Dairy 🌍 (if included)

Grass-fed, Full Fat 🌍
Full Fat Yoghurt 🌍
Artisanal Cheeses 🌍
Light Cheese: Feta, Haloumi, Mozzarella, Paneer, Ricotta

CAUTION: Grains, legumes, beans are important for plant-based diets but they contain antinutrients and enzyme inhibitors that prevent nutrient (e.g. minerals) absorption by the human body.

Pantry & Snacks

Dark Chocolate >70%
[Raw Cacao](#)
[Raw Chocolate](#)
Raw Nuts & Seeds
Protein Bars, Nut Bars
Jerky, [Epic Bar](#)
[Cacao Nibs](#)
Coconut Chips
Almond Flour
Coconut Flour

Drinks

Mineral Water
Lemon & Lime
Kombucha
Coconut Water
Herbal Tea : [Tulsi](#)
[Tart Cherry Juice](#)
Non-Dairy Milk: Oat, Almond, Coconut ([Califia Farms](#), [Rude Health](#))
Coffee

Condiments & Sauces

[Coconut Aminos](#)
Apple Cider Vinegar
[Balsamic vinaigrette](#)
Himalayan Salt
[Nutritional Yeast](#)
[Mayonnaise](#)
[BBQ Sauce](#)
[Ketchup](#)
[Mustard](#)
Tamari
Seaweed

Other Health foods

[Apple Cider Vinegar](#)
[Collagen Powder](#)
[Acai Powder](#)
Matcha
Green Tea
Spirulina
Chlorella

Adaptogens

Ashwagandha
Cordyceps
Chaga
Ginseng
Lion's Mane
Reishi
Shitake
Turkey's Tail ([Sigmatic](#))
Herbs & Spices

Foods to Avoid – crowd out processed food and **replace** with real single-ingredient food (e.g. apples, avocados)

Processed, deep fried, cookies, pies, cakes → fresh veggies, fruits, healthy fats

Refined grains like rice, noodles and pasta → sweet potatoes, carrots, beets, onions, butternut squash

Refined sugar, fruit juices, sugar, high fructose corn syrup, alcohol, soft drinks → real whole fruits, water, kombucha

Low-fat (sugary) milk or yoghurt → grass-fed full-fat dairy or plant-based alternatives e.g. almond, coconut milk

Sugar substitutes, sugar alcohols (xylitol, maltitol, sorbitol, in chewing gum) → honey, maple syrup, stevia, fruits, spices

Refined vegetable oils (canola, rapeseed, peanut, sunflower) → ghee, butter, olive oil, avocado oil, nuts & seeds

If following keto or paleo: also avoid beans & legumes e.g. chickpeas, lentils, kidney beans, soy, peanut