Grocery Shopping Guide - Lists

Lists of paleo-friendly food items

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Disclaimer

The purpose of this grocery shopping guide is to provide general information on integrative nutrition and holistic wellness. The Author of this content is a Health Coach who has received the health coach training programme at the Institute for Integrative Nutrition. The Author does not prescribe or assess micro- and macronutrient levels; provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. A Health Coach is a mentor and guide who has been trained in holistic health coaching to help clients reach their own health goals by helping clients devise and implement positive, sustainable lifestyle changes. The recipient of this guide should understand the Coach is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional, and that any advice given here is not meant to take the place of advice by these professionals. If the recipient is under the care of a health care professional or currently uses prescription medications, the recipient should discuss any dietary changes or potential dietary supplements use with his or her doctor and should not discontinue any prescription medications without first consulting his or her doctor.

This information here should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

The Basics

You are what you eat. You are what the thing you eat eats.

- Welcome. Here are some basics on how to buy healthy, wholesome food from responsible farmers, butchers, fishermen and sustainable sources, not packaged "food" from factory farms or manufacturers.
- **Vegetables & Fruits** 🍓🥑 Eat a rainbow 🌈. Buy fresh, seasonal, local and ideally organic from trusted sources to minimize pesticide exposure. See Dirty Dozen & Clean Fifteen lists on next slide.
- **Healthy Fats** 🥑⚪ Real foods e.g. avocados, olives, extra virgin olive oil (EVOO), raw nuts & seeds, eggs, oily fish and algae oils rich in omega-3 fatty acids.
- **Cooking Oils.** Avoid highly processed seed oil extracted from canola, corn, sunflower, soybean high in inflammatory omega 6 fatty acids. Cook with grass-fed ghee, organic unrefined coconut & avocado oil.
- **Meat and Animal Products** 🥩🧀 Humanely raised, grass-fed or pasture-raised are the highest standards. Organic and free range are the next best. No added hormone or antibiotics are the least requirements.
- **Fish & Seafood** 🐟 Wild and sustainably-caught are the best. Larger species of fish have higher risk of contamination. Organic farmed fish are not always the best if they are fed grains instead of algae.

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Vegetables

Focus on diversity, colours, seasonally fresh and local

Leafy Greens

- Arugula/ Rockets
- Asparagus (🥑)
- Kale (🍓)
- Choi Sum (organic)
- Kai Lan (organic)
- Spinach (🍓)
- Celery (🍓)
- Courgettes (organic)
- Cucumber (🍓)

Cruciferous Vegetables

- Most Leafy Greens (🍓)
- Artichoke
- Broccoli (🥑)
- Brussel Sprouts (🥑)
- Cauliflower (🥑)
- Cabbages (🥑)
- Pak Choi (organic)
- Radish
- Turnips (🥑)

Complete the Rainbow 🌈

- Red Bell Peppers (🍓)
- Yellow Bell Peppers (🍓)
- Green Bell Peppers (🍓)
- Eggplants (🥑)
- Fennel
- Leeks
- Mushrooms (🥑)
- Onions (🥑)
- Shallots

Root Vegetables

- Beets
- Butternut Squash
- Carrots
- Jicama
- Lotus Root
- Parsnips
- Pumpkin
- Sweet Potatoes
- Turnips (🥑)
- Yams

Herbs & Spices

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

🍓 Dirty dozen – always get Certified Organic

🥑 Clean fifteen – ok to get conventional

Source: Environmental Working Group, the Dirty Dozen and Clean Fifteen lists are updated annually by EWG.

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Fruits

Eating whole fruits with skin and pulp is always better than juicing

Avocados & Berries

(least sugary)

- Avocados (🥑)
- Strawberries (🍓)
- Blueberries (🍓)
- Cranberries (🍓)
- Blackberries (🍓)
- Raspberries (🍓)
- Cherries (🍓)
- Goji berries

Citrus 🍋

(least sugary)

- Lemon
- Lime
- Grapefruits

Other Fruits

(watch for GI)

- Apples (🍓)
- Bananas
- Cantaloupes (🥑)
- Dates (🍓)
- Grapes (🍓)
- Kiwis (🥑)
- Mangoes (🥑)
- Melons (🥑)
- Nectarines (🍓)
- Oranges
- Plums (🍓)
- Papayas (🥑)
- Passion fruits
- Pears (🍓)
- Peaches (🍓)
- Pineapples (🥑)
- Pumpkins
- Tomatoes (🍓)
- Watermelons
- Other Tropical Fruits

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Juicing 101 🧉

- Fast and easy way to get nutrients into our bodes but misses out on skin and fibre
- Home made is better than store bought (artificial flavours, additives, preservatives
- If buying freshly squeezed juice, check for raw, organic and unpasteurised
- More tips on juicing
  - Drink it fresh
  - Mix in pulp if possible
  - Choose high quality produce
  - Choose vegetables over fruit, as fruits tend to be high in sugar
  - A ratio of 3 vegetables to 1 fruit is recommended

Fats & Cooking Oils

Focus on fats from real food and cold-pressed oil in dark, glass bottles

Animal Fats

- Grass-fed Ghee
- Grass-fed Butter
- Tallow
- Lard
- Duck Fat
- Organ Meats, Liver, Pate, Bone Marrow
- Free-Range Bacon Fat

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

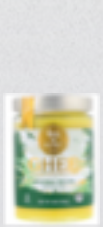
- Avocado &
- Avocado Oil
- Coconut &
- Coconut Oil
- MCT Oil
- Olives & Olive Oil
- Raw Nuts & Seeds
- Nut & Seed Butters
- Hemp, Flax, Chia &
- their cold pressed oils

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 Oi (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)
- Free-Range Bacon Fat



AVOID highly processed canola oil, corn oil, rapeseed oil, peanut oil, safflower oil, sunflower oil, especially if they are in clear, plastic bottles. Read this for more.

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Proteins

Focus on the most humanely raised meats and animal products, or non-GMO plant-based

Animal Protein

- Beef
- Chicken
- Duck
- Eggs
- Fish
- Seafood
- Pork
- Turkey Wild Game

Plant-Based Protein

*Avoid if Paleo/ Keto

- Green Peas, Bean, Pods, e.g. Edamame, French Beans
- Grains*: Wheat, Barley, Rye (prefer gluten free)
- Gluten-Free Grains*: Quinoa, Amaranth, Farro, Oats, Buckwheat, Millet, Rice
- Legumes* & Beans*: Chickpeas, Lentils, Kidney Beans, Peanuts, Soy (prefer non-GMO, fermented & sprouted)

Collagen, Bone Broth

- Collagen Powder Primal Kitchen, Vital Proteins, Dr. Axe, Bulletproof
- Bone Broth Beef Chicken, Kettle & Fire
- 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 absorption by the human body.

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.

? **Organic** Farmed animals or fish may be fed organic grain, which is not part of their natural diet of grass, algae or other microorganisms.

Why organic vegetables and fruits? To minimize exposure to pesticides and chemicals associated with industrial farming.

Pantry, Snacks, Drinks & Supplements

Pantry & Snacks

- Dark Chocolate >70%
- Try Loving Earth
- Raw Cacao/ Chocolate
- Raw Nuts & Seeds
- Protein Bars, Nut Bars
- Jerky, Epic Bar
- Cacao Nibs
- Coconut Chips
- Almond Flour
- Coconut Flour
- Arrowroot or Cassava

Drinks

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

Condiments & Sauces

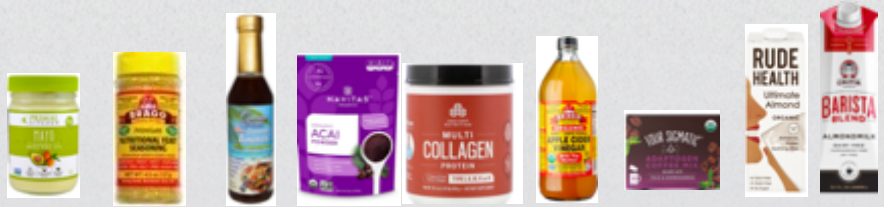
- Coconut Aminos
- Apple Cider Vinegar
- Balsamic vinaigrette
- Himalayan Salt
- Nutritional Yeast
- Mayonnaise
- BBQ Sauce
- Ketchup
- Mustard
- Tamari
- Seaweed

Other Health foods

- Apple Cider Vinegar
- Collagen Powder
- Acai Powder
- Matcha
- Green Tea
- Herbs & Spices
- Spirulina
- Chlorella

Adaptogens

- Ashwagandha
- Cordyceps
- Chaga
- Ginseng
- Lion's Mane
- Reishi
- Shitake
- Turkey's Tail
- Try Four Sigmatic



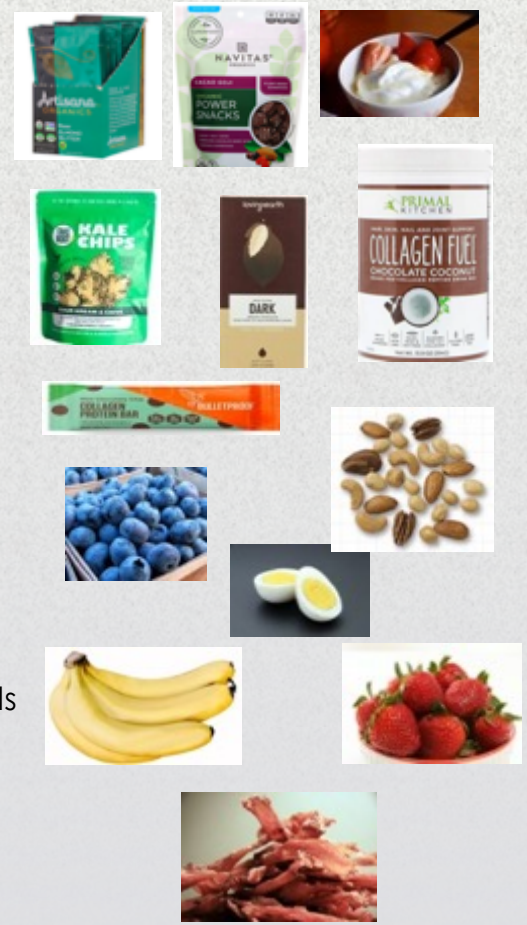
Supplements – Strongly recommend doing research on Omega 3 (DHA, EPA), Vitamin D3, Magnesium, Probiotics, Digestive Enzymes

We can do a health food store visit as part of your health coaching programme

Healthy Snacks

Try combining carbs & protein or fats, e.g. apple & nut butter, yoghurt & nuts

- Organic Power Snacks (Navitas)
- Raw Dark Chocolates (Loving Earth, Madecasse)
- Almond Butter (Artisana Organics) – great to combine with apple slices, banana or yoghurt
- Kale Chips (Take Root), Beets (California Gold Nutrition)
- Protein Bar (Bulletproof, Primal Kitchen ,
- Grass Fed Collagen Powder (Vital Proteins, Primal Kitchen, Bulletproof, Dr. Axe) – very satiating, support hair, nail and skin, versatile with hot or cold drink, water, juice, coffee, tea and soup
- Whole Fruits e.g. organic berries, apples, bananas, avocados, tomatoes
- Raw Nuts, make sure they are raw, unsalted, unroasted. Try almond tamari, cashew maca
- Plain or Greek Yoghurt – grass-fed, organic, full fat, no added sugar, pair with berries, nuts & seeds
- Hard Boiled Egg
- Jerky – handy for travelling, try Epic bars, or vegan options available



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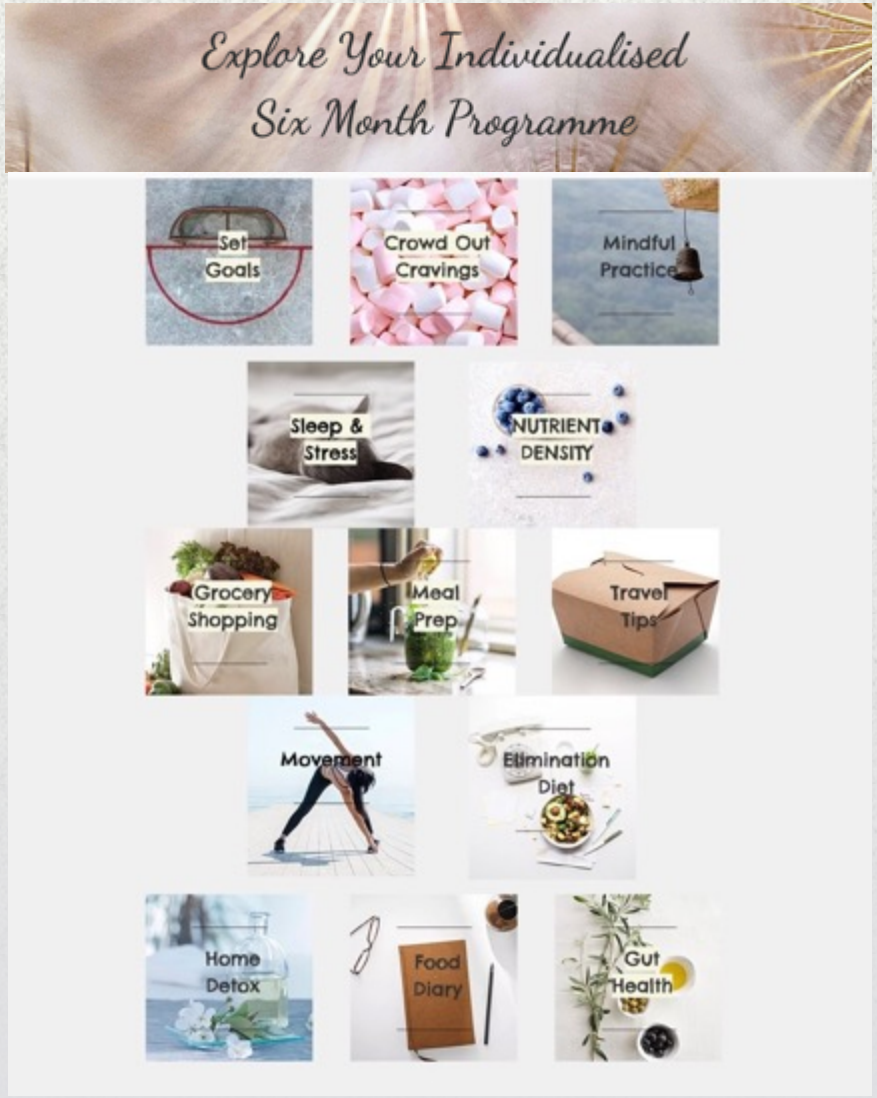
Thank you for reading
the M&B grocery shopping guide

If you are interested in the following:

- Paleo friendly recipes
- Food Matrix
- Meal Plans & Shopping list
- Understanding nutrition labels
- Cooking with herbs & spices
- Eating(& drinking) out
- Elimination diets e.g. Whole30

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free initial consultation by visiting
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