

# Grocery Shopping Guide Summary Sheet

Created by Vicky Sham, March 2020

## 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  
Parsnips  
Sweet Potatoes  
Taro  
Yams

## Herbs & Spices 🌿

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, Herring, Sardines, Sole, Trout, Snapper  
Shellfish - Crab, Lobster, Oyster, Mussel, 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