

THE "EAT REAL FOOD" SHOPPING LIST

FRUITS

- Raspberries
- Apples
- Oranges
- Kiwi
- Pears
- Plums
- Cherries
- Grapes
- Blueberries
- Blackberries
- Lemons
- Limes

FISH & MEAT

- Salmon (Canned or fresh)
- Tuna (Canned or fresh)
- Organic chicken sausage
- Grass fed beef
- Uncured turkey sausage
- Uncured turkey jerky
- Frozen shrimp
- Ground turkey

DAIRY & ALTERNATIVES

- Organic, plain greek yogurt
- Kefir
- Organic, full fat milk
- Goat cheese
- Feta cheese
- Coconut yogurt
- Cashew cheese
- Unsweetened nut milks
- Oat milk
- Coconut milk

SPICES

- Salt
- Pepper
- Onion powder
- Garlic powder
- Turmeric
- Rosemary
- Basil
- Oregano
- Turmeric
- Cinnamon
- Cumin
- Paprika

VEGETABLES

- Leafy greens
- Sweet potatoes
- Broccoli
- Cauliflower
- Tomatoes
- Onions
- Garlic
- Asparagus
- Brussels Sprouts
- Cabbage
- Zucchini
- Mushrooms
- Bell peppers

GRAINS & LEGUMES

- Steel cut oats
- Wild rice
- Quinoa
- Puffed quinoa cereal
- Amaranth flakes
- Brown rice pasta
- Chickpea pasta
- Canned beans
- Brown rice wraps

NUTS & SEEDS

- Walnuts
- Pecans
- Natural nut butters
- Hemp seeds
- Chia seeds
- Flax seeds
- Almonds
- Cashews
- Tahini
- Pistachios

FATS & OILS

- Dark chocolate
- Grass fed butter
- Eggs
- Ghee
- Grape seed oil
- Avocados
- Avocado oil
- Olive oil
- Coconut flakes
- Coconut oil

WHY EAT REAL FOODS?

FRUITS - LOW SUGAR FRUITS ARE WONDERFUL SOURCES OF FIBER, VITAMINS C, E, & A, POTASSIUM AND ANTIOXIDANTS THAT HELP KEEP OUR IMMUNE SYSTEMS STRONG.

VEGETABLES - AN EXCELLENT WAY TO BOOST SO MANY NUTRIENTS! PACKED WITH MAGNESIUM, POTASSIUM, CALCIUM, VITAMINS AND FIBER THAT HELP PROTECT CELLULAR DNA, CONTROL BLOOD SUGAR, PROMOTE HEALTHY BOWEL FUNCTION AND KEEP OUR NERVOUS SYSTEMS HEALTH.

FISH & MEAT - CHOOSE ORGANIC, PASTURED/FREE RANGE/WILD CAUGHT MEATS AND FISH WHENEVER AVAILABLE. ANIMAL PROTEINS ARE GREAT SOURCES OF MINERALS LIKE ZINC, COPPER AND IRON AS WELL AS VITAMIN B12 THAT SUPPORT ENERGY METABOLISM, THE NERVOUS SYSTEM AND A STRONG IMMUNE SYSTEM.

GRAINS & LEGUMES - CHOOSE ORGANIC, NON GMO GRAINS AND BEANS WHEN POSSIBLE. ANCIENT GRAINS LIKE QUINOA, AMARANTH AND MILLET PROVIDE MAGNESIUM, FOLATE, IRON AND OTHER B VITAMINS.

DAIRY & ALTERNATIVES - IF YOU CHOOSE TO EAT DAIRY, CHOOSE FULL FAT, ORGANIC AND PASTURED DAIRY WHEN POSSIBLE. DAIRY FOODS ARE A WONDERFUL SOURCE OF CALCIUM WHICH PROMOTES HEALTHY BONES AND IS IMPORTANT FOR MUSCLE CONTRACTION

NUTS & SEEDS - INCLUDE NUTS AND SEEDS FOR A FIBER, PROTEIN AND FAT BOOST! THEY HAVE BEEN SHOWN TO BE HEART HEALTHY, IMPROVE LIPID PROFILES AND EVEN HELP BALANCE HORMONES AND REDUCE INFLAMMATION

SPICES - COOKING WITH SPICES BOOSTS THE FLAVOR OF FOOD. MANY HERBS AND SPICES ARE ANTI-INFLAMMATORY, BOOST BRAIN HEALTH AND HELP REGULATE BLOOD SUGAR

FATS & OILS - BALANCE BLOOD SUGAR AND HORMONES, HELP WITH SATIETY AND PROMOTE METABOLISM WITH HIGH QUALITY FATS AND OILS.

"EAT REAL FOOD" SNACKS

CELERY + 2 T. NATURAL NUT BUTTER

2 HARD BOILED EGGS + HANDFUL ALMONDS

1/2 C. PLAIN GREEK YOGURT + 3/4 CUP
BLUEBERRIES

1/4 AVOCADO + PLAIN RICE CAKE

LEFTOVER COLD CHICKEN LETTUCE WRAPS

1 SMALL APPLE + 1 OZ. CHEESE

1/2 CUP. CARROTS + 2 T. HUMMUS

HANDFUL WALNUTS + 1 OZ. DARK CHOCOLATE

"EAT REAL FOOD"

EASY MEALS

#1: 1/4 CUP OATMEAL + 2T HEMP SEEDS + 2 T FLAXSEEDS + UNSWEETENED ALMOND MILK + 3/4 CUP BLUEBERRIES

#2: 2 SCRAMBLED EGGS + 1 CUP DICED VEGGIES + 1/4 SMASHED AVOCADO

#3: BROWN RICE TORTILLA + CANNED TUNA + 2 T. BROWN MUSTARD + SPINACH

#4: 1 CUP RICE, QUINOA AND BEANS + TOMATOES, CUCUMBERS AND PEPPERS + OLIVE OIL AND LEMON JUICE

#5: 1/2 STEAMED SWEET POTATO + 1/2 CUP BLACK BEANS + 1/2 CUP PLAIN GREEK YOGURT

#6: 2 CUPS SPRING GREENS + 1/2 CUP CHICKPEAS + 4 OZ. CHICKEN + 2 T. HEMP SEEDS + OLIVE OIL AND LEMON JUICE

#7: 1 CUP UNSWEETENED ALMOND MILK + 1 SCOOP PLANT BASED PROTEIN POWDER + 1 CUP SPINACH + 2 T NUT BUTTER + 1/2 BANANA (BLEND UNTIL SMOOTH)

#8: 1/2 CUP CAULIFLOWER RICE + GROUND TURKEY + 1/4 CUP LOW SUGAR MARINARA