

Spring 2016



Grocery Shopping

Produce (Vegetables & Fruit)

Choose a variety of colors | ** choose organic types of produce

RED	ORANGE & YELLOW	GREEN	WHITE	BLUE & PURPLE
<input type="checkbox"/> Apples**	<input type="checkbox"/> Apples**	<input type="checkbox"/> Apples**	<input type="checkbox"/> Bananas	<input type="checkbox"/> Blackberries
<input type="checkbox"/> Beets	<input type="checkbox"/> Apricots	<input type="checkbox"/> Artichokes	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Blueberries
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coconuts	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Cherries	<input type="checkbox"/> Carrots	<input type="checkbox"/> Avocados	<input type="checkbox"/> Fennel	<input type="checkbox"/> Figs
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Corn	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Garlic	<input type="checkbox"/> Grapes**
<input type="checkbox"/> Grapes	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Jicama	
<input type="checkbox"/> Peppers	<input type="checkbox"/> Lemons	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Leeks	
<input type="checkbox"/> Pink Grapefruit	<input type="checkbox"/> Mangoes	<input type="checkbox"/> Celery**	<input type="checkbox"/> Mushrooms	
<input type="checkbox"/> Pomegranates	<input type="checkbox"/> Nectarines**	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Onions	
<input type="checkbox"/> Radishes	<input type="checkbox"/> Oranges	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Parsnips	
<input type="checkbox"/> Raspberries	<input type="checkbox"/> Papayas	<input type="checkbox"/> Grapes**	<input type="checkbox"/> Shallots	
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Peaches**	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Turnips	
<input type="checkbox"/> Strawberries	<input type="checkbox"/> Pears**	<input type="checkbox"/> Green Onions		
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Peppers**	<input type="checkbox"/> Honeydew Melon		
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Kale		
	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Kiwis		
	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Lettuce		
	<input type="checkbox"/> Rutabagas	<input type="checkbox"/> Limes		
	<input type="checkbox"/> Squash	<input type="checkbox"/> Peas		
	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Peppers**		
	<input type="checkbox"/> Tangerines	<input type="checkbox"/> Spinach**		
		<input type="checkbox"/> Zucchini		

Protein (Meats & Dairy)

Organic is necessary: grass-fed, free-range, pasture-raised, non-GMO, wild

FISH	BEEF	POULTRY	GAME MEAT	DAIRY CASE
<input type="checkbox"/> Tilapia	<input type="checkbox"/> 90% Lean Ground Beef	<input type="checkbox"/> Chicken Breast (skin removed)	<input type="checkbox"/> Bison	<input type="checkbox"/> Milk
<input type="checkbox"/> Wild Alaskan Salmon	<input type="checkbox"/> Filet Mignon	<input type="checkbox"/> Turkey Breast (skin removed)	<input type="checkbox"/> Elk	<input type="checkbox"/> Butter
<input type="checkbox"/> Cod	<input type="checkbox"/> Round Steak	<input type="checkbox"/> Chicken Sausage	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Greek Yogurt
<input type="checkbox"/> Halibut	<input type="checkbox"/> Sirloin Steak	<input type="checkbox"/> Turkey Bacon	<input type="checkbox"/> Venison	<input type="checkbox"/> Cottage Cheese
<input type="checkbox"/> Scallops	<input type="checkbox"/> Nitrate-Free Hot Dogs	<input type="checkbox"/> Cage-Free Eggs		<input type="checkbox"/> Ricotta Cheese
<input type="checkbox"/> Lobster	<input type="checkbox"/> Nitrate-Free Lunch Meats			<input type="checkbox"/> String Cheese
<input type="checkbox"/> Albacore Tuna Limit 2x/Month				<input type="checkbox"/> Shredded Cheese
<input type="checkbox"/> Spanish Mackerel				
<input type="checkbox"/> Pacific Herring				
<input type="checkbox"/> Orange Roughy				
PORK	VEGETARIAN	DAIRY ALTERNATIVES		
<input type="checkbox"/> Pork Loin	<input type="checkbox"/> Miso	<input type="checkbox"/> Coconut		
<input type="checkbox"/> Pork Steak	<input type="checkbox"/> Tempeh	<input type="checkbox"/> Goat		
<input type="checkbox"/> Nitrate-Free Sausages	<input type="checkbox"/> Tofu	<input type="checkbox"/> Almond		
	<input type="checkbox"/> Edamame	<input type="checkbox"/> Rice		

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Grocery Shopping

Pantry (Starchy Vegetables & Other Carbohydrates)

Shop in bulk; limit packaging and processing

- | GLUTEN-FREE | GLUTEN-FREE | GLUTEN-CONTAINING | DRIED FRUIT | CANNED OR JARRED |
|--|---|--|---|--|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Barley | <input type="checkbox"/> Apricots | <input type="checkbox"/> 100% Fruit Spread |
| <input type="checkbox"/> Basmati Rice | <input type="checkbox"/> Gluten-Free Bread | <input type="checkbox"/> Bulgur | <input type="checkbox"/> Cherries | <input type="checkbox"/> Applesauce |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Couscous | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Cranberries |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Millet | <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Figs/Dates | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Oats (Gluten-Free) | <input type="checkbox"/> Spelt | <input type="checkbox"/> Golden Raisins | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> Rye | <input type="checkbox"/> Dark Raisins | <input type="checkbox"/> Marinara Sauce |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Wheat | <input type="checkbox"/> Prunes/Plums | <input type="checkbox"/> White Beans |
| <input type="checkbox"/> Coconut Flour | <input type="checkbox"/> Potato (Organic) | <input type="checkbox"/> Whole Wheat Bread | | <input type="checkbox"/> Chickpeas |
| <input type="checkbox"/> Corn/Cornmeal | <input type="checkbox"/> Quinoa | | | <input type="checkbox"/> Kidney Beans |
| | <input type="checkbox"/> Tapioca | | | <input type="checkbox"/> Lentils |
| | <input type="checkbox"/> Wild Rice | | | <input type="checkbox"/> Olives |

Pantry (Nuts, Seeds & Oils)

Organic is necessary: grass-fed, free-range, pasture-raised, non-GMO, wild

- | NUTS/SEEDS | FATS & OILS | NUT BUTTERS |
|--|---|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Almond Oil | <input type="checkbox"/> Sunflower Butter |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Almond Butter |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Flax Seed Oil | |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Hemp Seed Oil | |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Macadamia Nut | |
| <input type="checkbox"/> Pecans | <input type="checkbox"/> Red Palm Oil | |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Sesame Oil | |
| <input type="checkbox"/> Pumpkin Seeds | | |
| <input type="checkbox"/> Sesame Seeds | | |
| <input type="checkbox"/> Sunflower Seeds | | |
| <input type="checkbox"/> Walnuts | | |

Freezer

Single ingredients; no added preservatives

- | PRODUCE | MEAT/FISH |
|---|---|
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Shrimp |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chicken Breast |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Whitefish Filets |
| <input type="checkbox"/> Asparagus | |
| <input type="checkbox"/> Green Beans | |
| <input type="checkbox"/> Spinach | |
| <input type="checkbox"/> Edamame (Limit) | |

Supplements

Pharmaceutical-grade, GMP-certified

- | FOUNDATIONAL SUPPLEMENTS | PROTEIN AND MEAL REQUIREMENTS |
|---|--|
| <input type="checkbox"/> Men's/Women's Performance Multivitamin | <input type="checkbox"/> Whey Protein Isolate |
| <input type="checkbox"/> Omega-3 Fish Oil | <input type="checkbox"/> FastFuel Complete |
| <input type="checkbox"/> Cal/Mag 1001 | <input type="checkbox"/> VeganMax Protein Powder |
| <input type="checkbox"/> Multi-Probiotic 4000 | |
| <input type="checkbox"/> Vitamin D (1000 IU or 5000 IU) | |

