

Let's go shopping

Protein

- Gelatin (hydrolyzed or non-hydrolyzed)*
- Beef (pasture raised, fresh and unprocessed)
- Lamb (pasture raised, fresh and unprocessed)
- Chicken (pasture raised and nitrate free)
- Turkey (pasture raised and nitrate free)
- Ham and Bacon (nitrate free and hormone free)
- Liver (really fresh or frozen - beef or chicken)
- Shellfish (shrimp, oysters, crab, etc.)
- Fish (cod, sole, haddock, salmon) - fresh/local
- Tuna (canned or fresh)
- Eggs (cage free or pastured)
- Cheese (milk, animal rennet, culture, salt)
- Ricotta Cheese (milk, cream, vinegar, salt)
- Cottage Cheese (milk, cream, cultures, salt)*
- Yogurt, plain 2% or whole (*Fagé, Chobani, Brown Cow, Stoneyfield*)

Fats

- Butter
- Heavy whipping cream (cream and that's it)
- Sour cream (cream and cultures)
- Ghee
- Coconut oil (*Spectrum, refined*)*
- Olive oil (extra virgin, in a dark bottle)
- Olives
- Plain Nuts and pure nut butters
- Plain Seeds
- Avocado

Condiments

- Honey (local), Maple syrup (pure), Cane sugar
- Broth (organic, no additives)
- Sea salt (*Hain, non-iodized*)
- Vinegar

Beverages

- Milk (whole or 2% from local farm preferred)*
- Natural fruit juices (fresh or pure concentrate)
- Coffee (freshly brewed, plain)
- Tea
- Sparkling water
- Purified Water
- Coconut milk (*Trader Joes Lite/Aroy-D*)
- Coconut Water (no additives)

Carbs - Fruit (in season)

- Tropical (banana, papaya, kiwi, pineapple)
- Stone (peach, nectarine, apricot, plum)
- Citrus (orange, lemon, grapefruit)
- Fall (apple and pear)
- Berries (blue, black, strawberry, raspberry)
- Melons (watermelon, cantaloupe, muskmelon)

Carbs - Vegetables (in season)

- Broccoli/Cauliflower
- Carrots
- Cucumbers
- Spinach (other greens)
- Onions
- Peppers (green, red, yellow, purple)
- Potatoes/Sweet potatoes
- Roasted red peppers
- Roots (beets, turnips, rutabagas, parsnips, Jicama)
- Squash
- Tomatoes
- Zucchini

Carbs - Grains

- Sourdough bread **Not Gluten Free**
- Sprouted bread (*Ezekiel*) **Not Gluten Free**
- Oatmeal (**soaked**) **Not Gluten Free**
- Quinoa
- Rice
- Corn tortillas (sprouted - *Food for Life*)

Carbs- Legumes and Beans

- Lentil soup
- Hummus (w/olive oil)
- Black beans, garbanzo, pinto, etc.

Treats

- Dark chocolate (*Enjoy Life* - cocoa and sugar)
- Homemade custard

Extras

- Baking soda
- Natural fruit spread

* Gelatin: *Gelatin Innovations or Great Lakes*

* Coconut oil: *Tropical Traditions*

* Milk: *Sassy Cow, Kalona Super Natural*

* Havarti cheese from Denmark

* *Cascadian Farms Frozen Juice or Trader Joe's*

* Sourdough: *Madison Sourdough and Silly Yak*

* Cottage Cheese: *Kalona, Hy-Vee Organic, Daisy*

(found at Whole Foods, Woodman's and Willy St)