

# GROCERY LIST



## PROTEIN

### Seafood

Salmon  
Shrimp  
Cod  
Scallops  
Crab  
Tuna

### Meats

Beef  
Buffalo  
Lamb  
Elk  
Venison

### Poultry

Chicken  
Turkey  
Duck  
Pheasant

### Other White Meats

Pork  
Bacon

### Eggs

Free Range

## VEGETABLES

Acorn Squash  
Anise/Fennel Root  
Arugula  
Asparagus  
Beets  
Bell Peppers  
Bok Choy  
Broccoli/Broccolini  
Broccoli Rabe  
Brussel Sprouts

Buttercup Squash  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Cucumber  
Delicata Squash  
Eggplant

Garlic  
Green Beans  
Greens (beet, mustard, turnip)  
Jicama  
Kale  
Kohlrabi  
Leeks  
Lettuce (bibo, butter, red)

Mushrooms  
Okra  
Onion/Shallots  
Parsnips  
Pumpkin  
Radish  
Rutabaga  
Rhubarb  
Snow/Sugar Snap  
Peas

Spaghetti Squash  
Spinach  
Sprouts  
Summer Squash  
Sweet Potato/Yams  
Swiss Chard  
Tomato  
Turnip  
Watercress  
Zucchini

## FRUITS

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Cherries  
Grapefruit

Grapes  
Kiwi  
Lemon  
Lime  
Mango  
Melon  
Nectarines

Oranges  
Papaya  
Peaches  
Pears  
Pineapple  
Plum  
Pomegranate

Raspberries  
Strawberries  
Tangerines  
Watermelon

## FATS

### Cooking Fats

Animal Fats  
Clarified Fat  
Ghee  
Coconut Oil

### Eating Fats

Avocado  
Cashews  
Coconut Butter  
Coconut Meat/  
Flakes  
Coconut Milk  
(canned)  
Hazelnuts/Filberts  
Macadamia Nuts  
Macadamia Butter

### Occasional

Almonds  
Almond Butter  
Brazil Nuts  
Pecans  
Pistachio

### Limited

Flax Seeds  
Pine Nuts  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Sunflower Seed  
Butter  
Walnuts

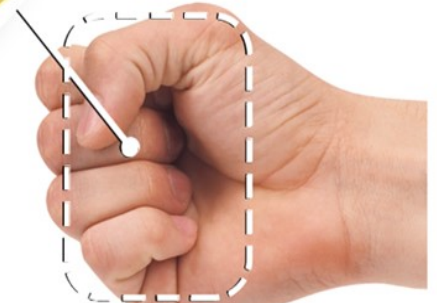
# HANDGUIDE TO PORTION CONTROL



Two cupped hands is roughly one cup (mostly for leafy green vegetables such as lettuce, spinach, kale, chard, etc.) but also for chopped vegetables such as broccoli, cauliflower, brussel sprouts, mixed vegetables, etc.



\*Sweet potatoes, brown rice & quinoa for complex carbs



Fruit should be roughly the size of a fist (apples, pears, peaches, nectarines, etc. Berries and chopped fruit should fit in one cupped hand (about half a cup.)



One ounce of nuts should barely cover the palm.



One tablespoon of coconut oil is about the size of the last portion of the thumb.



Proteins (chicken, fish, beef, pork, etc.) should be roughly the size of the palm.

