



GROCERY LIST

PROTEINS

Seafood

Salmon
Shrimp
Cod
Scallops
Crab
Tuna

Meats

Beef
Bufalo
Lamb
Elk
Venison

Poultry

Chicken
Turkey
Duck
Pheasant

Other Meats

Pork
Bacon

Eggs

free range eggs

VEGETABLES

Asparagus
Beets
Peppers
Pak choy
Broccoli/Broccolini
Brussels Sprouts
Buttercup Squash
Butternut Squash
Cabbage

Collard Greens
Carrots
Cauliflower
Celery
Courgette
Cucumber
Delicata Squash
Eggplant
Garlic
Green Beans

Greens (Beet,
Mustard, Turnip)
Kale
Leeks
Lettuce
Mushrooms
Onion/Shallots
Parsnips
Pumpkin

Radish
Rhubarb
Snow/Sugar
Snap Peas
Spaghetti Squash
Spinach
Sprouts
Summer Squash
Sweep Potato/

Sweet Potatoes
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 Butter*
Ghee*
Coconut Oil
Extra Virgin Olive 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
Pistachios

Limited

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

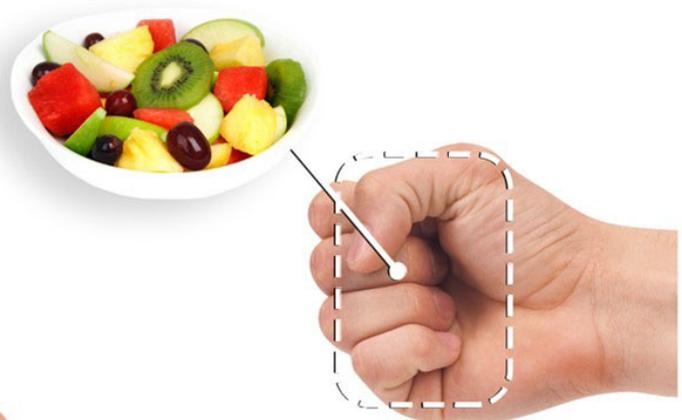


HAND GUIDE TO PORTION CONTROL

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.



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).



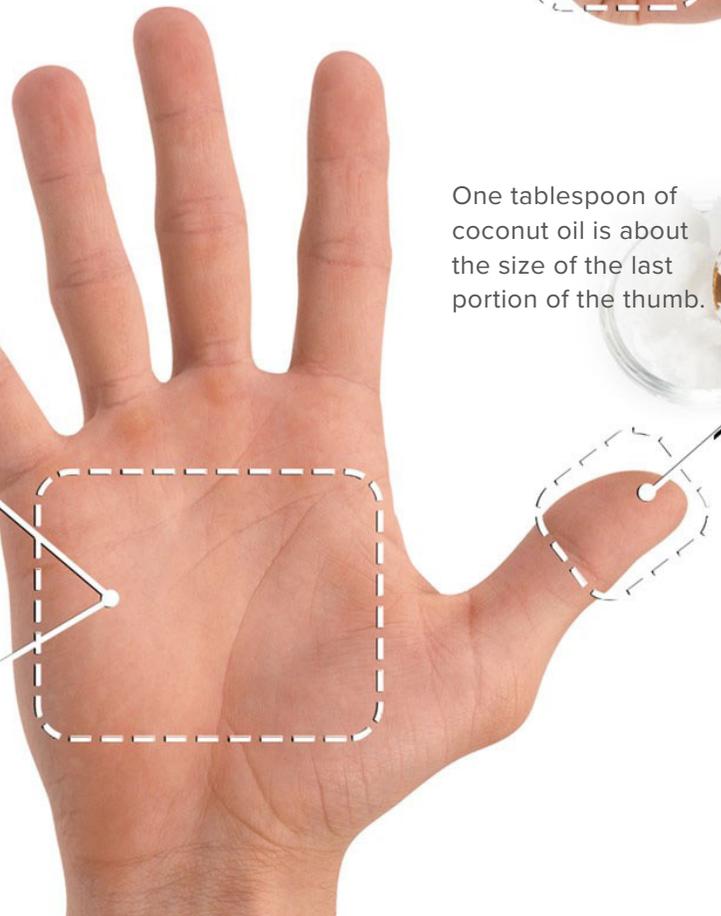
One ounce of nuts should barely cover the palm.



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.



**Image Resources: Recipe Creator & Labeled For Reuse by Google*