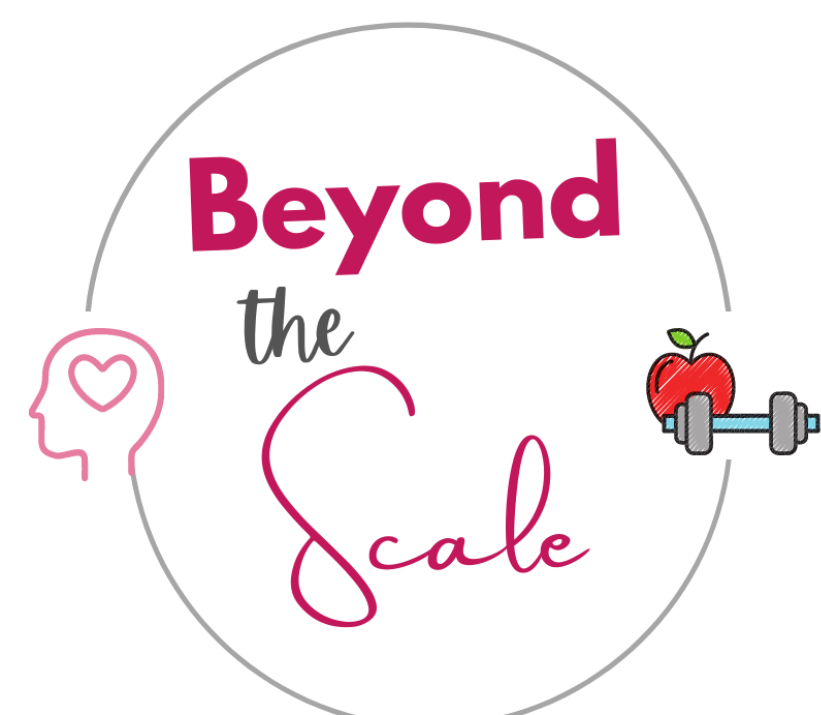


# Healthy Grocery Guide

## HIGH PROTEIN FOODS



- Extra-Lean Ground Beef
- Ground Chicken / Turkey
- Chicken Breast / Thighs
- Steak (AVOID rib eye)
- Pork Loin/Ribs
- Sliced Ham or Turkey
- Moose
- Salmon
- Cod Fish
- Haddock
- Pollock
- Tilapia Fish
- Shrimp
- Scallops
- Tuna
- Tofu /Seitan /Tempeh
- Edamame
- Broccoli
- Asparagus
- Portabella Mushrooms
- Brussel Sprouts
- Lentils
- Green Peas
- Beans (Kidney, Lima, fava, pinto, chickpeas)
- Light Cheese
- Whole Eggs / Egg Whites
- Greek Yogurt / Skyr (Icelandic) Yogurt
- Cottage Cheese
- PB2 Powdered Peanut Butter
- Nutritional Yeast
- High Protein Wraps (ProteinUP)
- Hemp Seeds or Hemp Hearts
- Quest Chips
- Vanilla Protein Powder
- Chocolate Protein Powder
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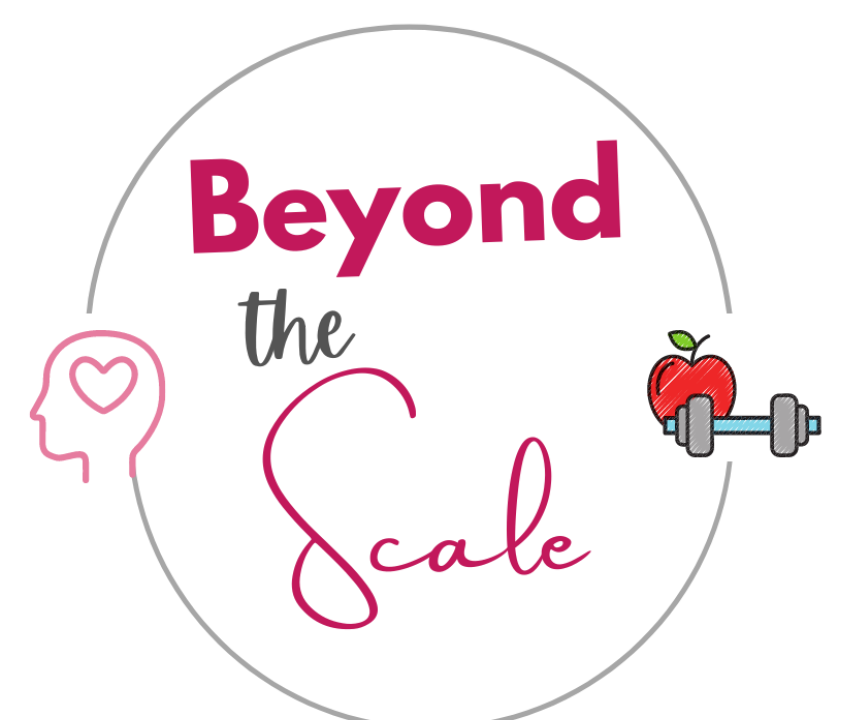


# Healthy Grocery Guide

## HEALTHY FATS



- Turkey Bacon
- Frank's Hot Sauce
- Almond Butter
- Almond Flour
- Natural Peanut Butter
- Unsweetened Almond Milk
- Unsweetened Cashew Milk
- Coconut Oil
- Avocado Oil
- Extra-Virgin Olive Oil
- Cooking Spray (100% Olive Oil/Avocado)
  
- Cheddar Cheese
- Mozzarella Cheese
- Feta Cheese
- Parmesan Cheese
- Goat Cheese
- Coconut Milk (Light)
- Ground Flaxseed
- Unsweetened Shredded Coconut
- Pecans
- Chia Seeds
- Walnuts
- Almonds (dry roasted)
- Pistachios (dry roasted)
- Raw Peanuts





# Healthy Grocery Guide

## HEALTHY CARBS

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- Quick Oats
- Basmati Rice
- Ketchup (No Sugar Added)
- Unsweetened Apple Sauce
- Black Beans
- Brown Rice
- Wild Rice
- Dates
- Natural Honey
- Quinoa
- Tortilla Wraps
- Coconut Sugar
- Salsa
- NuPasta
- Chocolate Chips
- Pure Pumpkin
- Tomato Paste
  
- Whole Wheat Bread & Buns
- Whole Grain Bread & Buns
- Cocoa Powder
- Baking Powder
- Maple Syrup
- Coconut Flour
- Lemon Juice
- Lime Juice
- Splenda/Stevia
- Chickpeas
- Rice Cakes
- Low Sodium Chicken Broth
- Amaranth Flour

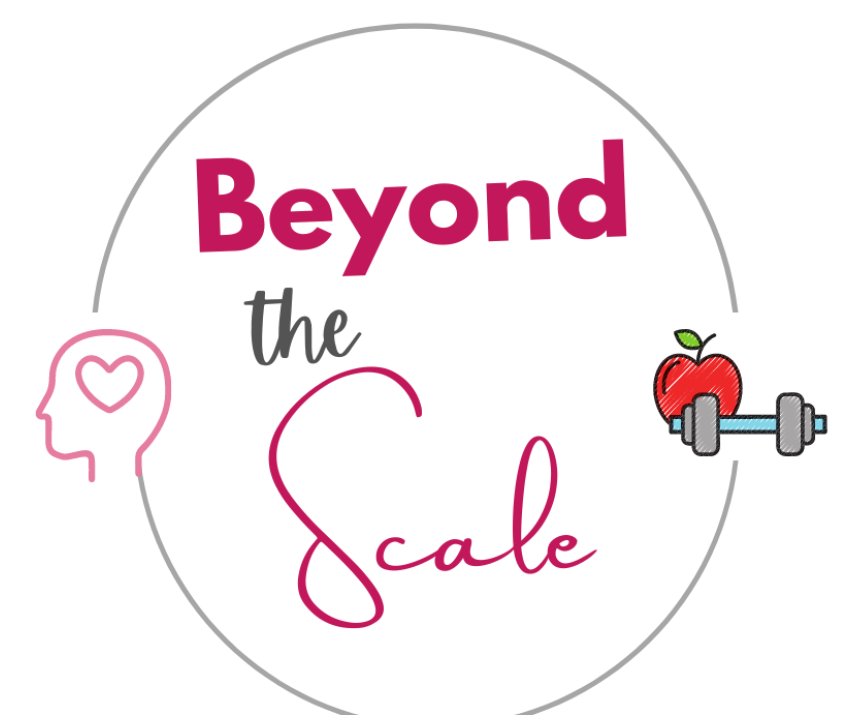
### Fruit

- Banana
- Apple
- Mangos
- Peach
- Raisins
- Pineapple
- Pears
- Grapes
- Kiwi
- Grapefruit
- Oranges
- Cherries
- Berries (Strawberries, blueberries, blackberries, goji)
- Apricots



### Vegetables

- Baby Spinach
- Russet or Red Potatoes
- Sweet Potatoes
- Corn
- Beets



# Healthy Grocery Guide

## SPICES/OTHER

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- Ms. Dash Lemon & Pepper
- Pure Vanilla Extract
- Peppermint Extract
- Ground Cinnamon
- Pumpkin Spice
- Pink Himalayan Salt
- Sea Salt
- Ground Black Pepper
- Onion Powder
- Garlic Powder
- Paprika
- Minced Garlic
- Chili Powder
- Steak Spice
- Thyme
- Italian Seasoning
- Dried Rosemary
- Cumin
- Oregano
- Dried Basil
- Ground Ginger
- Ground Nutmeg

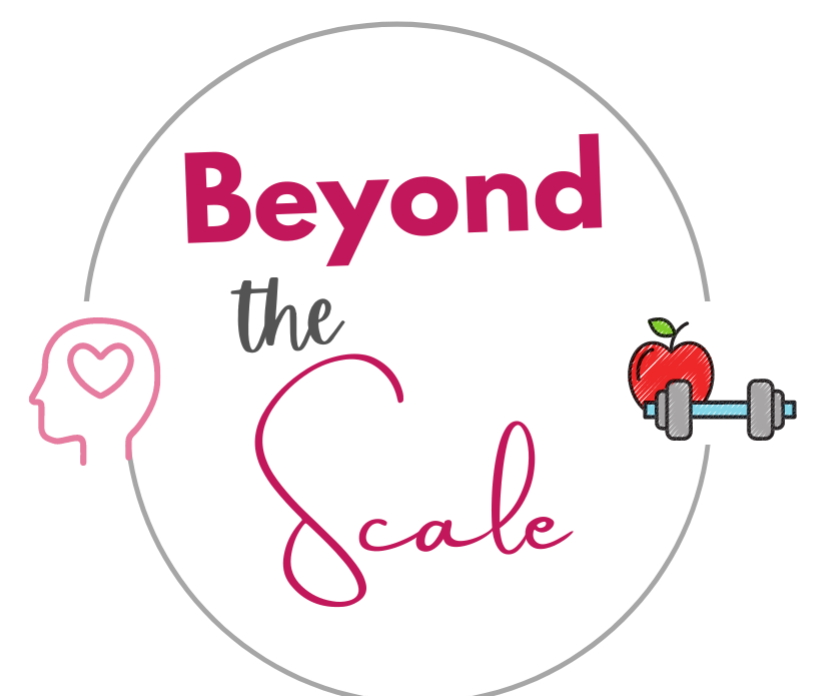
- Baking Soda
- Low Sodium Soy Sauce or Liquid Aminos
- Sparkling Ice Water

### FlavorGod Spices:

- Ranch Seasoning
- Jamaican Jerk
- Cajun
- Buffalo Seasoning
- Lemon & Garlic
- Taco Tuesday
- Chocolate Donut
- Gingerbread Cookie



**CHECK SPICE INGREDIENT LISTS AND  
CHOOSE OPTIONS WITHOUT SUGAR!**





# FOOD LABEL HACKS

**REAL, WHOLE FOODS = 1 Ingredient**

**Food Products = Ingredient list / label**

*Of course not EVERYTHING you eat will be whole food, natural, organic or perfect*

But.. the MAJORITY of what we eat DOES matter and to make longer term changes in your nutrition that you can ACTUALLY stick with, you NEED to understand what is also in the MAJORITY of the food products you DO eat.

Start with understanding the confusing food labels our diet culture continues to challenge us further with.

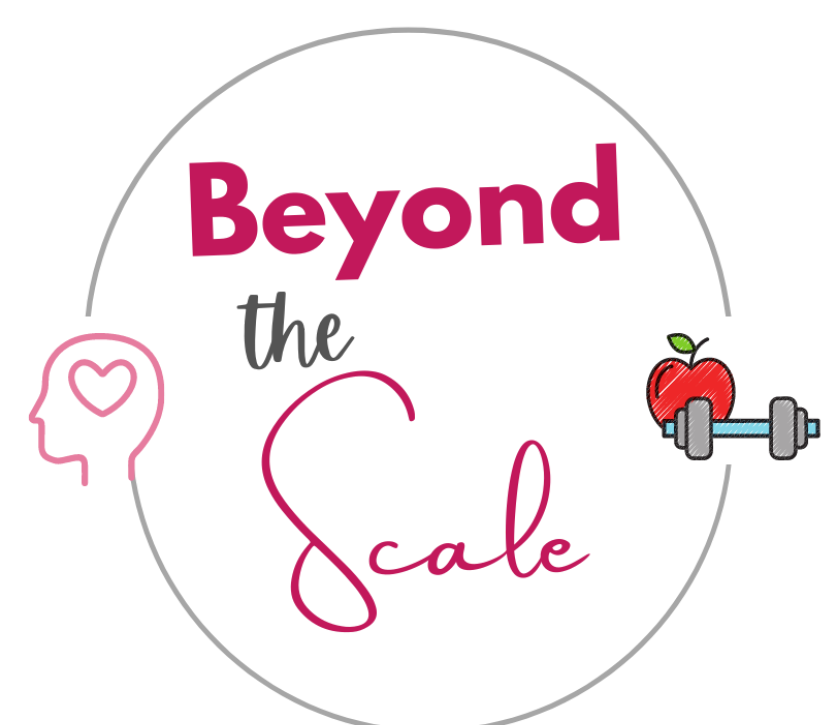
The longer the list of ingredients, the further from a real food it is. If that item has been or could be sitting on a shelf for YEARS or even months!

Try to imagine how slow and unhealthy those ingredients will move through your body.

**Always check the FIRST 3 ingredients!**

What is the MAJORITY of the product MADE OUT OF?

The first 3 ingredients on the list tell you that



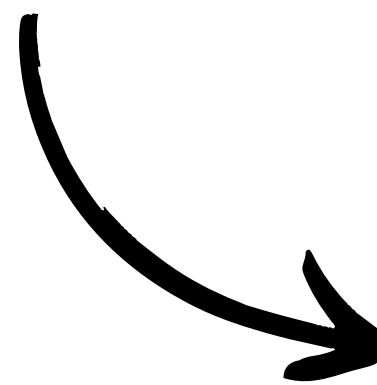
# What to AVOID

## Cheat Sheet for reading labels



### AVOID:

- Seed Oils/Vegetables Oils (sunflower oil, canola, palm kernel, ect)
- MSG
- Corn starch
- Ingredients you can't say or pronounce
- Trans fats
- Sugar (all forms and sneak names)



- High fructose corn syrup
- Confectioners Sugar
- Brown sugar
- Cane sugar
- Dextrose
- Lactose
- Sucrose
- Glucose

### **How MUCH sugar is ok?**

**30-40g of sugar should be your daily MAXIMUM**

\*\*GREAT to remember and consider when picking up more food items and reading their labels

