

IT STARTS WITH FOOD

BY DALLAS & MELISSA HARTWIG

SHOPPING LIST

FOR OMNIVORES

Items in **green** are a best choice



PROTEIN

- Seafood
Best: **wild-caught + sustainably fished**
Better: wild-caught and/or sustainable
Good: farm-raised
- Ruminants (beef, buffalo, lamb, elk, venison, etc.)
Best: **100% grass-fed + organic**
Better: grass fed and/or organic
Good: lean, fat trimmed/drained
- Eggs
Best: **pastured + organic**
Better: organic (omega-3 enriched optional)
Good: store-bought
- Poultry (chicken, turkey, duck, pheasant, etc.)
Best: **pastured + organic**
Better: organic
Good: store-bought, skin removed
- Non-Ruminants (pork, wild boar, rabbit, etc.)
Best: **pastured + organic**
Better: organic
Good: lean, fat trimmed/drained
- Processed Meats (bacon, sausage, deli meat, etc.)
Best: **100% grass-fed/pastured + organic**
Better: organic
Avoid: factory-farmed, or those with added sugar, MSG, sulfites or carrageenan

VEGETABLES

- Acorn Squash
- Anise/Fennel Root
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms (all)
- 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

FRUIT

- Apples (all varieties)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates/Figs
- Exotic Fruit (star fruit, quince)
- Grapefruit
- Grapes (green/red)
- Kiwi
- Lemon/Lime
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears (all varieties)
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Limit:** Dried Fruit

FATS

- Best: **Cooking Fats**
 - Animal Fats*
 - Clarified Butter*
 - Ghee*
 - Coconut oil
 - Extra-Virgin Olive Oil
- Best: **Eating Fats**
 - Avocado
 - Cashews
 - Coconut Butter
 - Coconut Meat/Flakes
 - Coconut Milk (canned)
 - Hazelnuts/Filberts
 - Macadamia Nuts
 - Macadamia Butter
 - Olives (all)
- Occasional: Nuts & Seeds
 - Almonds
 - Almond Butter
 - Brazil Nuts
 - Pecans
 - Pistachio
- Limit:** Nuts & Seeds
 - Flax Seeds
 - Pine Nuts
 - Pumpkin Seeds/Pepitas
 - Sesame Seeds
 - Sunflower Seeds
 - Sunflower Seed Butter
 - Walnuts

*Must be pastured or 100% grass-fed and organic.