

Perfect Health Diet Shopping List

Meat, Fish & Eggs

| | |
|------------|-------------|
| Bacon | Veal |
| Beef | Organ meats |
| Beef bones | Crab |
| Chicken | Fish |
| Duck | Lobster |
| Eggs | Salmon |
| Lamb | Sardines |
| Liver | Scallops |
| Pork | Shrimp |

Safe Starches

| | |
|----------------------|----------------------|
| Gluten free crackers | Sago |
| Plantains | Spring roll wrappers |
| Potatoes | Sweet potatoes |
| Rice | Tapioca |
| Rice noodles | Taro |

Veggies, Herbs & Spices

| | |
|-------------------|--------------|
| Avocado | Green onions |
| Basil | Leeks |
| Beets | Lettuce |
| Broccoli | Mushrooms |
| Butternut squash | Nori sheets |
| Cabbage | Onion |
| Carrots | Peas |
| Cauliflower | Peppers |
| Celery | Pumpkin |
| Cilantro | Seaweed |
| Fermented veggies | Spinach |
| Garlic | Tomatoes |
| Ginger | Zucchini |
| Green beans | |

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Other Items

Soups, Seasonings & Fats

| | |
|-------------------------------|------------------------|
| ACIDS | FATS & OILS |
| Apple cider vinegar | Almond butter |
| Lemon juice | Butter |
| Rice vinegar | Coconut milk |
| | Coconut oil |
| SOUPS & SEASONINGS | Macadamia nut butter |
| Bone broth | Olive oil |
| Salts | Sesame oil |
| Veggie broth | |

Pleasure Foods

| | |
|---------------|----------------|
| FRUITS | DAIRY |
| Apples | Cream |
| Bananas | Hard cheeses |
| Blackberries | Sour Cream |
| Blueberries | Yogurt |
| Cherries | |
| Frozen fruit | TREATS |
| Grapes | Dark chocolate |
| Mango | Nuts |
| Oranges | |
| Pears | DRINKS |
| Raspberries | Coffee |
| Strawberries | Tea |