



Optimal Living Dynamics

**Grocery Shopping Guide and
Checklist for Optimal Brain Health**



This is the complete shopping guide and checklist to stocking your kitchen with foods from the [Optimal Diet](#).

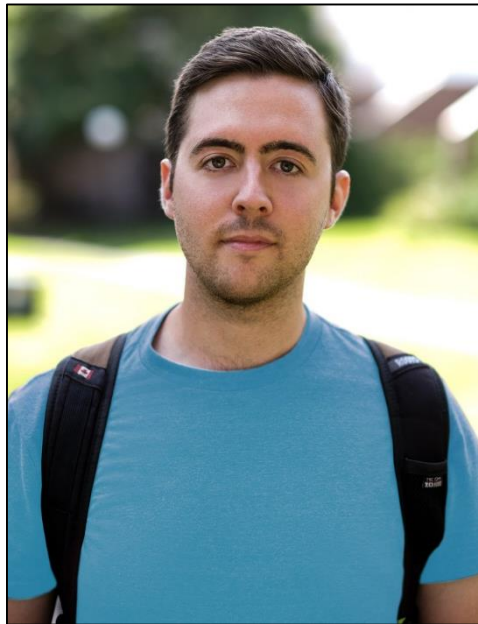
Eating more of these foods, and avoiding foods that are not on this list, will improve your brain function, support your mental health, and improve your quality of life.

You can take this list to the store and know exactly what to buy. No more guessing about what foods you should buy.

Live Optimally,

[Jordan Fallis](#), Founder of Optimal Living Dynamics

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General Shopping Tips

1. Shop around the perimeter of the store. This is where the healthiest foods will be. This also eliminates impulsive buying of low quality foods from the center aisles.
2. Don't shop when you're hungry. You're more likely to buy junk food, which is bad for your brain and mental health.
3. If it comes in a box, bag, or can, be careful. It's probably bad for you.
4. When in doubt, go without. If you see a food that you're not sure about, you're better off avoiding it.
5. 100% grass-fed and grass-finished animal products are optimal. Pastured eggs are optimal. Organic does not mean it's grass-fed. Organic meat is still better than conventional meat. Extremely lean conventional meats from factory-farmed animals are better than no meat at all.
6. Organic fruits and vegetables are optimal, but go with conventional produce if you're trying to save money.
7. It's best to avoid dairy. There is nothing in dairy products that you can't get from the other foods. Many people experience gut inflammation from the proteins and sugars in dairy, which then leads to inflammation in the brain and hurts mental health and performance. Some people tolerate goat dairy better than cow dairy. Make sure you can tolerate it by removing it from the diet for at least 14 days and then reintroducing it. If you do decide to consume dairy, it should be raw, unpasteurized, and untreated; grass-fed; and full-fat. Almost all dairy in the grocery store do not have these characteristics.

Vegetables

- Bok choy
- Brussels sprouts
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Avocado
- Kale
- Collards
- Spinach
- Cabbage
- Radish
- Summer squash
- Zucchini
- Lettuce
- Artichokes
- Green beans
- Butternut squash
- Carrots
- Green onion

Oils and Fats

- Ghee
- Eggs yolks
- Grass-fed beef and lamb fat
- Krill oil
- Coconut oil
- MCT oil
- Dark Chocolate
- Cocoa butter
- Avocado oil
- Butter
- Fish oil
- Palm oil
- Palm kernel oil
- Macadamia oil
- Virgin olive oil
- Bacon fat
- Almond butter
- Hazelnut butter
- Walnut butter
- Cashew butter

Proteins

- Grass-fed beef
- Grass-fed lamb
- Pasture-raised eggs
 - Collagen
 - Whey
 - Gelatin
- Wild-caught fish
 - Haddock
 - Petrale sole
 - Sardines
- Wild-caught sockeye
- Wild-caught salmon
 - Summer flounder
 - Wild-caught trout
- Pastured-raised pork

Nuts

- Coconuts
- Almonds
- Cashews
- Hazelnuts
- Macadamias
- Pecans
- Chestnuts
- Walnuts



Dairy

- Ghee
- Grass-fed Butter
- Colostrum
- Cream
- Full-fat raw milk
- Full-fat raw yogurt

Fruits

- Blackberries
- Cranberries
- Lemons
- Limes
- Raspberries
- Strawberries
- Avocados
- Coconuts
- Olives
- Pineapples
- Tangerines
- Grapefruits
- Pomegranates
- Blueberries
- Raw Honey

Starches

- Sweet potato
- White potato
 - Carrot
 - Pumpkin
- Butternut squash
 - White rice
 - Taro
 - Cassava
 - Plantain
 - Brown rice
 - Banana
 - Black rice
 - Wild rice
 - Organic corn

Spices and Flavours

- Apple cider vinegar
 - Sea salt
 - Ginger
 - Cilantro
 - Parsley
- Dark Chocolate
 - Oregano
 - Turmeric
 - Rosemary
 - Lavender
 - Thyme
 - Cinnamon
 - Cloves
 - Mustard