



fit'n healthy
simple solutions

Your Fit 'n Healthy Shopping List

Featuring *'4 Steps To Creating Your Healthy Meals'*

SHOPPING RULES FOR FINDING QUALITY FOODS

SEASONAL

Always respect circadian cycles and eat according to season.

BUY LOCAL

Focus on fresh, locally grown or raised, produce and meats.

APPEARANCE

If all the items in the box look identical in size and shape, that's usually a **BAD** sign.

Naturally grown foods have marks and are different shapes.

HEIRLOOM

If you can find *'heirloom'* varieties like tomatoes, those are the highest in nutritional value because they are the least tinkered with.

ORGANIC

Ideally, buy organic or non-sprayed.



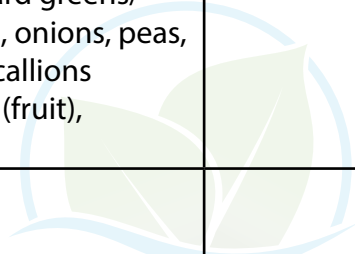
Step 1: Choose Your Protein

Protein Rich Foods

ANIMAL-SOURCED PROTEINS	CHECK ✓
Meat and Poultry: Organ meats (liver, heart, etc), beef, bison, lamb, pork, veal, venison, moose, bear, elk, chicken, turkey, and duck.	
Fish and Seafood: Anchovies, shrimp, crab, prawns, oysters, lobster, sardines, croaker, flounder (summer), haddock trout, halibut, tilapia, cod, and wild salmon.	
Whole Eggs: Pastured eggs fed organic feed (ideally soy-free) from a local farm.	
Dairy: Buttermilk, cream, sour cream, cheese, cottage cheese, yogurt, kefir.	
Protein Powders (animal sourced): Whey Protein Isolate sweetened with stevia.	
PLANT-SOURCED PROTEINS	CHECK ✓
Protein Powders (plant sourced): Sprouted Brown Rice Protein powder, pea, hemp, pumpkin seed, or fermented soy protein powders.	
Nuts and Seeds (and their butters): Cashews, almonds, walnuts, hazelnuts, pecans, Brazil nuts, pine nuts, poppy seeds, pumpkin seeds, sunflower seeds, sesame seeds, flax seeds, chia seeds, and hemp seeds.	

Step 2: Choose Your Carbohydrate

Carbohydrate Rich Foods

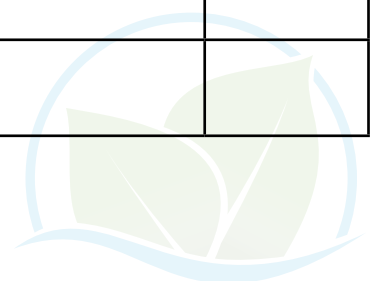
VEGETABLES	CHECK ✓
Non-Starchy, Fibrous Vegetables: Artichokes, arugula, asparagus, bamboo shoots, beets, broccoli, Bok choy, Brussels sprouts, cabbage, cauliflower, celery, Collards/mustard greens/ kale, eggplant, endive, garlic, green beans, leafy lettuce, leeks, mushrooms, okra, onions, peas, peppers, radishes, pumpkin, rutabaga, sauerkraut, all sprouts, Savoy cabbage, scallions shallots, snow/sugar snap peas, spinach, summer squash, sweet corn, tomatoes (fruit), turnips, water chestnuts, watercress, zucchini.	
Starchy Vegetables: Potatoes (white, purple, new) sweet potatoes, yams, parsnips, carrots, winter squash.	

FRUIT	CHECK ✓
Whole Fruits: Apple, apricot, banana, blackberry, blueberry, boysenberry, cantaloupe, clementine, cherry, cranberry, grapes, grapefruit, honeydew melon, kiwi, lemon, lime, lychee, Mandarin orange, mango, nectarine, olives, orange, papaya (paw paw), passion fruit, peach, pear, persimmon, pineapple, plum, pomegranates, prickly pear, prune, raspberry, rhubarb, star fruit, strawberry, watermelon.	
Dried Fruits: Raisins, currents, dried cranberries (sweetened with apple juice), dried cherries, dried apricots, dried apples, Medjool dates, dried pears, dried figs, prunes, gogi berries, mulberries, dried pomegranate.	
WHOLE GRAINS	CHECK ✓
Non-gluten Grains: Non GMO corn, popcorn kernels, quinoa, wild/brown/white basmati rice, buckwheat, teff, sorghum, mille, amaranth.	
Gluten Grains: Rolled oats, barley, bulgur, cous cous, faro, rye, semolina, ancient wheat varieties (emmer, einkorn, red fife).	
Non-grain Flour Substitutes: Coconut flour, almond flour, pumpkin seed flour.	
BEANS AND LEGUMES	CHECK ✓
Baked beans, black beans, black-eyed peas, butter beans, kidney beans, lima beans, navy beans, pink beans, pinto beans, and white beans, chickpeas, red/green/French lentils, yellow and green split peas.	

Step 3: Choose Your Fat

Unrefined Oils and Healthy Fats

OILS AND FATS	CHECK ✓
Oils: Lard or tallow from the farm, coconut oil (both 'expeller pressed' and 'raw, centrifuge extracted' versions), extra virgin olive oil, palm oil and macadamia oil. Expeller-expressed sesame, flax, peanut, walnut, almond, avocado, hazelnut, and pumpkin seed oil.	
Healthy Fats: Buttermilk, butter, cocoa butter, coconut flakes, coconut cream, coconut milk, avocado, ghee, olives.	



Step 3: Choose Your Extras

Additional Healthy Choices

EXTRAS	CHECK ✓
Prebiotic Foods: Raw Jerusalem artichoke, raw dandelion greens, raw garlic, raw leeks, raw onion, asparagus.	
Probiotic Foods (fermented): Kefir or yogurt, coconut kefir, kimchi, natto, sauerkraut, or other fermented veggies, fish or meat.	
Sea Vegetables: Hijiki, arame, dulse, kelp, nori, agar, kombu, and wakame.	
Bone Broth: Seafood/fish, chicken, pork, and beef broth.	
Sprouts: Sunflower, sesame, pumpkin, squash, chia and flax, broccoli, and bean.	
Natural Sweeteners: Stevia, unpasteurized honey, coconut sugar, real maple syrup (Grade B), sugar cane juice, unsulphured molasses, date sugar and sugar alcohols (maltitol, sorbitol, xylitol – from a non GMO source).	
Herbs and Spices: Thyme, rosemary, oregano, basil, bay leaves, Italian seasoning, black peppercorns, cumin, coriander, cinnamon, cardamom, ginger, garlic, turmeric, cayenne pepper, chili powder, chipotle chili powder, curry powder, fennel, garam masala, horseradish powder, marjoram, Mexican seasoning, sage, savory, smoked chili powder, smoked paprika powder, tarragon, Greek seasoning.	
Salts and Salt Seasonings: Himalayan salt, Celtic salt, Herbamare, Coconut aminos, Tamari (wheat free), Miso.	
Vinegars: Raw apple cider vinegar, brown rice vinegar, red wine vinegar, white wine vinegar, balsamic vinegar, ume plum vinegar, sherry vinegar.	
Condiments: Ketchup (organic), Dijon mustard, mustard, wasabi, thai chilli sauce, miso dressing, relish, mayonnaise (made with olive oil).	
BEVERAGES	CHECK ✓
Sparkling mineral water, organic coffee (ideally from a single state farm), coconut kefir, bone broth with added unrefined salt, almond milk, oat milk, rice milk, herbal teas (chaga, chamomile, dandelion, fennel, ginger, holy basil, horsetail, lemon balm, nettle, pau D'arco, peppermint, red raspberry, rosehip, rooibos and spearmint.	

