

COSTCO/ WHOLE FOODS

SHOPPING LIST

MEATS

Beef, Chicken, Lamb, Turkey, Eggs, Fresh Fish and Shellfish

TIPS:

All Cuts, including Ground. Ensuring nothing else is added, like sugary sauces/rubs.

LOOK FOR

Best quality you can afford, such as organic, local or grass-fed options

FRUIT

Blueberries, Lemon Limes, Mandarin, Grapefruit, Orange, Raspberry, Strawberry, Blackberries

Many of the berries can also be found in the frozen section.

Organic.

VEGGIES

Broccoli, Lettuce, salad kits, cucumber, celery, cauliflower, mushrooms, spinach etc.

Many of the berries can also be found in the frozen section.

Organic.

FROZEN

Plain seafood, Berries, plain spiraled zucchini, Frozen cauliflower rice

Organic

CONDIMENTS

Almond or Macadamia nut butter, Peanut butter (if you can tolerate) Peanut butter powder, Stevia, Monk Fruit (no sugar alcohol) Dijon mustard, Fish sauce, Avocado oil mayo, Mustard, Sriracha, Primal Kitchen dressings, balsamic & oil Coconut aminos, Apple cider vinegar (with mother), Balsamic vinegar, Rice wine vinegar

keep it simple

Organic when possible

OTHERS

Fresh Salsa - No Preservatives. Organic caff or decaf coffee or mold free, Black tea, Chai tea, fruit / herbal tea, - ensure no apple added ,Green tea, Peppermint tea, White tea, sparkling water, Collagen peptides

Read ingredients carefully. Check against the master foods list