

Produce, Pantry + Provisions

Stock your pantry and fridge to the max before you endeavor to change what you're eating. This will prevent you from feeling hungry or deprived, and make it so much easier for you to start cooking!

PROTEINS

- Beef or Bison: ground, roasts, etc.
- Wild game: any/all varieties/cuts
- Pork: pork butt, bacon
- Eggs
- Chicken: thighs or whole
- Salmon: smoked, fresh, or canned
- Sardines: canned or fresh
- Organ meats & sausages
- Traditionally fermented tofu or tempeh

FATS

- Coconut oil
- Extra virgin olive oil
- Palm oil (sustainably harvested)
- Grass-fed butter, lard, or tallow
- Sesame oil
- Cold pressed flax, almond, macadamia, walnut, pumpkin seed

VEGGIES, EAT THE RAINBOW

- Green: broccoli, kale, spinach, chard, zucchini, arugula, lettuce, cabbage, cucumber, asparagus, collards, brussel sprouts, celery
- Yellow: yellow bell pepper, spaghetti squash, summer squash
- Orange: carrots, orange bell pepper, squash
- Purple: eggplant, radicchio, purple cabbage
- Red: red bell pepper, tomatoes, red onions, beets
- White: cauliflower, turnips, parsnips, mushrooms, onions, shallots, garlic

LOW-SUGAR FRUITS

- Berries
- Lemons, limes, or grapefruit
- Avocado

HERBS AND SPICES

- Basil, arugula, cilantro, marjoram, rosemary, etc.
- Unrefined sea salt, pepper, paprika, chili powder, garlic powder, onion powder, cayenne, etc.
- Don't be afraid to spend some extra money stocking up on spices! These will be the flavors that make your whole foods cooking enjoyable, not boring.

FLAVOR MAKERS

(read labels to make sure no sugar)

- Salsa
- Hot sauce
- Unrefined sea salt
- Honey
- Full fat Coconut milk
- Curry paste
- Mayonnaise (avocado, olive, or coconut oil only, NOT made with seed oils)
- Mustard
- Apple Cider Vinegar
- Red Wine Vinegar
- Seaweed + nori wraps
- Sauerkraut, kimchee, and all other fermented veggie options.
- Raw cacao powder
- Nutritional yeast

NUTS + SEEDS

(eat in moderation)

- Almonds, walnuts
- Cashews, brazil nuts
- Macadamias, pumpkin seeds
- Chia seeds, flax seeds
- Nut butters