

# Grocery List

## Animal Proteins

***\*Antibiotic/Steroid Free,  
Pasture-raised, & Grass Fed/  
Finished is preferred***

Anchovies  
Beef  
Bison  
Bone Broth  
Chicken  
Duck  
Eggs  
Lamb  
Organs  
Rabbit  
Salmon (Wild Caught)  
Sardines  
Turkey

## Carbohydrates

***\*Biodynamic, Local, Organic &  
Eating Seasonal is preferred***

Apples (\*FODMAP)  
Apricots (\*FODMAP)  
Bananas  
Beets (\*FODMAP & \*high  
oxalates)  
Berries (\*FODMAP)  
Buckwheat (\*FODMAP, \*high  
lectins & oxalates)  
Carrots  
Cassava/Yuca (\*FODMAP &  
\*goitrogen)  
Cherries (\*FODMAP)

Cranberries  
Dates (\*FODMAP)  
Legumes (\*FODMAP, \*high  
lectins & oxalates)  
Oatmeal (Steel Cut or Gluten  
Free) (\*high lectins)  
Oranges  
Peas (\*high lectins &  
\*nightshade)  
Plantains  
Potatoes (No skin) (\*nightshade)  
Pumpkin (No skin or seeds)  
Quinoa  
Raspberries  
Rice (All types)  
Squash (No skin or seeds)  
Sweet Potatoes (\*FODMAP &  
\*goitrogen)  
Taro Root  
Watermelon (\*FODMAP)

Yams  
Yucca

## Fats / Oils

***\*Antibiotic/Steroid Free,  
Pasture-raised, & Grass Fed/  
Finished is preferred***

***\*Biodynamic, Local, Organic &  
Eating Seasonal is preferred***

Almonds (\*high oxalates)  
Avocados (\*FODMAP)  
Avocado Oil (\*FODMAP)  
Brazil Nuts  
Cashews (\*FODMAP, \*high  
lectins & oxalates)

Chia Seeds (\*high oxalates)  
Coconut Oil  
Egg Yolks  
Flax Seeds (\*estrogenic)  
Ghee (\*FODMAP)  
Hazelnuts  
Lard  
Macadamias  
Macadamia Oil  
Olives  
Olive Oil (local only)  
Pecans  
Pumpkin Seeds  
Sunflower Seeds  
Tallow  
Walnuts (\*high oxalates)

## Fermented Foods

***\*Consume 1-3 servings daily***

Fermented Vegetables  
(\*goitrogen)  
Kefir (\*FODMAP)  
Kimchi (\*goitrogen)  
Kombucha (\*goitrogen)  
Miso (\*goitrogen)  
Pickles  
Sauerkraut (\*FODMAP &  
\*goitrogen)  
Tamari Sauce (\*goitrogen)  
Tempeh (\*goitrogen)  
Yogurt (\*FODMAP)

# Grocery List

## Micronutrients

***\*Biodynamic, Local, Organic & Eating Seasonal is preferred***

Artichokes (*\*FODMAP*)  
Asparagus (*\*FODMAP*)  
Beans (*\*high lectins & oxalates*)  
Bitter Leaf  
Bok Choy (*\*goitrogen*)  
Broccoli (*\*FODMAP & \*goitrogen*)  
Brussel Sprouts (*\*FODMAP & \*goitrogen*)  
Cabbage (*\*FODMAP & \*goitrogen*)  
Cauliflower (*\*FODMAP & \*goitrogen*)  
Celery (*\*FODMAP*)  
Chard (*\*high oxalates*)  
Cilantro  
Collard Greens (*\*goitrogen*)  
Cucumbers  
Eggplant (No skin or seeds) (*\*FODMAP, \*high lectins, & \*nightshade*)  
Endive  
Escarole  
Fennel  
Garlic (*\*FODMAP*)  
Ginger Root  
Kale (*\*goitrogen*)  
Leeks (*\*FODMAP*)  
Lettuce  
Mushrooms  
Mustard Greens

Onions (*\*FODMAP*)  
Okra (*\*FODMAP, \*goitrogen, & \*high oxalates*)  
Parsley  
Peppers (No skin or seeds) (*\*nightshade*)  
Seaweed  
Spinach (*\*high oxalates*)  
Sprouts  
Turnips  
Tomatoes (No skin or seeds) (*\*high lectins & \*nightshade*)  
Zucchini (No skin or seeds)

## Dressings, Marinades, Spices

Make dressings from allowed oils, lemon juice, vinegar, & or spices. All spices are allowed to flavor food.

## Definitions

***\*estrogenic:*** foods that mimic estrogen and may cause hormone disruption

***\*FODMAP's:*** fermentable foods; may cause GI irritation especially if bacterial overgrowths are present

***\*goitrogens:*** prevent iodine uptake to the thyroid; may be cooked to reduce goitrogens

***\*lectins:*** toxic plant proteins; may be pressure cooked or fermented to reduce lectins

***\*nightshades:*** a category of plants that produce alkaloid toxins as a defense mechanism; may cause inflammation and or joint pain

***\*oxalates:*** are chemicals that cause histamine release; may cause inflammation, chronic pain, and or kidney stones

## Fluids

***\*Consume about half your body weight in ounces of water daily***

Coffee  
Herbal Teas  
Kombucha (*\*goitrogen*)  
Milk - Unsweetened (Almond, Camel, Cashew, Coconut, Goat, Lamb, Oat)  
Water (*Slice of Lemon*)

## Common Food Sensitivities

Alcohols  
Caffeine  
Cocoa (*\*FODMAP & \*high oxalates*)  
Coffee  
Corn (*\*high lectins*)  
Dairy (*\*FODMAP & \*high lectins*)  
Eggs (especially whites)  
Grains/Wheat (*\*FODMAP & \*high lectins*)  
Legumes (*\*FODMAP, \*high lectins & oxalates*)  
Nuts/Seeds (*\*high lectins & oxalates*)  
Processed Foods  
Seed Oils  
Shellfish  
Soy (*\*estrogenic, \*FODMAP, \*goitrogen, & \*high oxalates*)  
Sweeteners (*\*FODMAP*)