

# Let's go shopping

## Protein

- Gelatin (hydrolyzed or non-hydrolyzed)\*
- Beef (pasture raised, fresh and unprocessed)
- Lamb (pasture raised, fresh and unprocessed)
- Chicken (pastured raised and nitrate free)
- Turkey (pastured raised and nitrate free)
- Ham and Bacon (nitrate free and hormone free)
- Liver (really fresh or frozen - beef or chicken)
- Shellfish (shrimp, oysters, crab, etc.)
- Fish (cod, sole, haddock, salmon) (fresh/local)
- Tuna (canned or fresh)
- Eggs (cage free or pastured)
- Milk (whole or 2% from local farm preferred)\*
- Cheese (milk, animal rennet, culture, salt)
- Ricotta Cheese (milk, cream, vinegar, salt)
- Cottage Cheese (milk, cream, cultures, salt)\*
- Yogurt, plain 2% or whole (*Fagé, Chobani, Brown Cow, Stoneyfield*)

## Fats

- Butter
- Heavy whipping cream (cream and that's it)
- Sour cream (cream and cultures)
- Coconut oil (*Spectrum, refined*)\*
- Olive oil (extra virgin, in a dark bottle)
- Olives (green)
- Plain Nuts and pure nut butters
- Plain Seeds
- Avocado

## Condiments

- Honey (local) or Maple syrup (pure)
- Broth (organic, no additives)
- Sea salt (*Hain*)
- Vinegar

## Beverages

- Natural fruit juices (fresh or pure concentrate)
- Coffee (freshly brewed plain)
- Tea
- Sparkling water
- Purified Water
- Coconut milk (Trader Joes Lite/no additives)

## Carbs - Fruit (in season)

- Tropical (banana, papaya, kiwi, pineapple)
- Stone (peach, nectarine, apricot, plum)
- Citrus (orange, lemon, grapefruit)
- Fall (apple and pear)
- Berries (blue, black, strawberry, raspberry)
- Melons (watermelon, cantaloupe, muskmelon)

## Carbs - Vegetables (in season)

- Broccoli/Cauliflower
- Carrots
- Cucumbers
- Spinach (other greens)
- Onions
- Peppers (green, red, yellow, purple)
- Potatoes/Sweet potatoes
- Roasted red peppers
- Roots (beets, turnips, rutabagas, parsnips, Jicama)
- Squash
- Tomatoes
- Zucchini

## Carbs - Grains

- Sourdough bread Not Gluten Free
- Sprouted bread (*Ezekiel*) Not Gluten Free
- Oatmeal (soaked) Not Gluten Free
- Quinoa
- Rice
- Corn tortillas (sprouted - *Food for Life*)

## Carbs- Legumes and Beans

- Lentil soup
- Hummus (w/olive oil)
- Black beans, garbanzo, pinto, etc.

## Treats

- Dark chocolate (cocoa and sugar)
- Homemade custard

## Extras

- Baking soda
- Natural fruit spread

\* Gelatin: *Gelatin Innovations or Great Lakes*

\* Coconut oil: *Glory Bee Foods*

\* Milk: *Sassy Cow, Kalona Super Natural*

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\* Havarti cheese from Denmark

\* *Cascadian Farms Frozen Juice or TJ's*

\* Sourdough: *Madison Sourdough*

\* Cottage Cheese: *Kalona, Hy-Vee Organic, Daisy*  
(found at Whole Foods and Willy St)