



Shopping List / The New Food Pyramid

Vegetables

- Broccoli
- Cauliflower
- Spinach
- Kale
- Rapini
- Brussels sprouts
- Celery
- Carrots
- Cucumbers
- Watercress
- Arugula
- Okra
- Swiss chard
- Onions
- Leeks
- Spaghetti squash
- Asparagus
- Green beans
- Romaine lettuce
- Mushrooms
- Radish
- Greens onions

* The most optimal sources are organic

Drinks

- herbal tea/caffeine free tea
- Zevia
- Bubly/sparkling water

Protein

- Chicken
- Beef
- Turkey
- Duck
- Bison
- Elk
- Caribou
- Cornish hen
- Salmon
- Shrimp
- Sole
- Sardines
- Cod
- Eggs
- Sea bass
- Wild boar
- Lamb
- Halibut
- Clams
- Oysters
- Mussels
- Sole
- Cod

- * All forms are fine (ground, cutlets etc.)
- * Try and always buy antibiotics free
- * Avoid cans and deli meats

Fruit

- Blueberries
- Raspberries
- Strawberries
- Cranberries
- Boysenberries
- Blackberries
- Grapefruits
- Cherries
- Apples
- Oranges
- Pears
- Pineapples
- Lemons
- Limes
- Plums
- Apricots
- Grapes
- Peaches
- Watermelon

* Always organic, frozen is fine

Snacks

- protein bar/protein shakes
- Buckwheat crackers
- Rice cakes

Nuts & Seeds

- Pecans
- Cashews
- Pistachios
- Almonds
- Pumpkin seeds
- Sesame seeds
- Brazil nuts
- Pine nuts
- Macadamia nuts
- Walnuts
- Sunflower seeds
- Coconuts
- Flaxseed
- Hemp seeds
- Hazelnuts

- * Raw, plain, organic
- * Rotate all nuts and seeds weekly

Starch

- Sweet potatoes
- Red potatoes
- White potatoes
- All colors and types of rice
- Quinoa
- Buckwheat

* These servings must be monitored and are adjusted to your body type

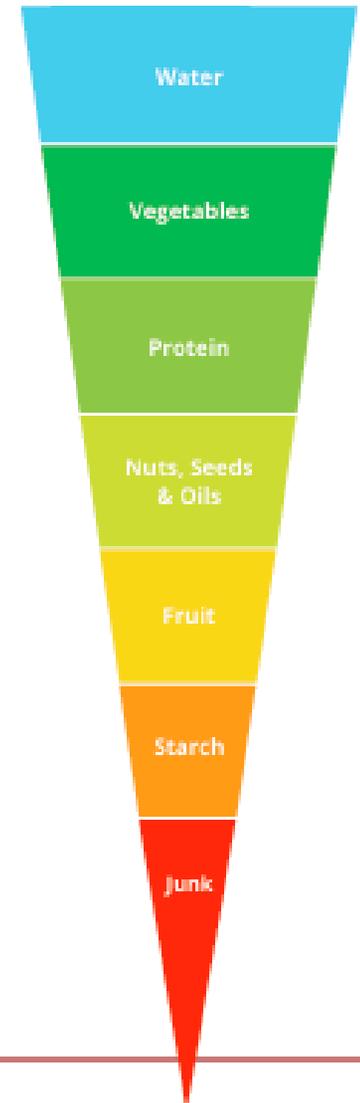
Cooking Oil

- Coconut oil
- Grapeseed oil
- Avocado oil
- Extra virgin olive oil

Spices

- Oregano
- Garlic
- Cinnamon
- Thyme
- Rosemary
- Black pepper
- Sea salt
- Dill
- Turmeric
- Saffron
- Basil
- Cilantro
- Chives
- Mint

* All spices are great! Feel free to add at any time



Please always follow your food sensitivity test

How to buy sauces?

1. Look at what type of oil is used (**olive oil or avocado oil are best**, sunflower oil or grapeseed oil are also ok).
2. Do not purchase if it contains (palm oil, canola oil, soybean oil etc.). Try to avoid these as much as possible.
3. Look for sauces with less than 5g of sugar per Tbsp (15 grams).
4. Ensure the sauce does not contain artificial sweeteners, dyes, msg, preservatives, high fructose corn syrup.
5. Ensure sauce is both gluten free and dairy free
6. Glass jars are best.

Top Sauces and Condiments:

- | | |
|---|---|
| 1. Mustard | 6. Pickles (Bubbies) (<u>PHC</u>) |
| 2. Frank's Red-Hot Sauce | 7. Red Curry paste |
| 3. Tabasco sauce | 8. Perfect Chef Caribbean or Curry Masala (<u>PHC</u>) |
| 4. Ginger People Sweet
Ginger Chili Sauce (<u>PHC</u>) | 9. <u>Primal Kitchen</u> sauces (ketchup, buffalo, ranch,
honey mustard, cilantro lime, etc) |
| 1. Coconut Aminos (<u>PHC</u>). | |

Top Salad Dressings:

1. Balsamic & Olive Oil
2. Flavoured Olive Oil based salad dressings
3. Primal Kitchen Avocado Oil Dressings
4. Chosen Foods Steakhouse Caesar (PHC)

Check out sauces and dressing options from Aurelius & Terra Delyssa (local Ottawa stores)



Grocery Store Cheat Sheet

Save this grocery store cheat sheet to your phone for easy access next time you go grocery shopping

- 3-5 Protein Sources
- 5-8 Vegetables
- 3-5 Fruits
- 2-4 Starches & Grains
- 1-2 Nuts & Seeds
- Pantry staples (spices, sauces, oil)
- 1-2 Drinks
- 1-2 Snacks