Just Eat Real Food… The Grocery List

VEGGIES
Greens, peppers, avocados, carrots, cucumbers, celery, jicama, tomatoes, green beans, snap peas, asparagus, squash, onions, broccoli, cauliflower, spinach, cabbage, Brussels sprouts, and mushrooms. Root vegetables in moderation if tolerated.

FRUIT
Blueberries, raspberries, blackberries, strawberries, grapefruit, lemons, and limes... Sweet fruit in moderation if tolerated.

MEAT & SEAFOOD
Ground beef, beef, chicken, lamb, pork (including sausage and bacon), veal, fatty fish, white fish, and seafood. Deli nitrate-free ham, roast beef, pastrami, salami/pepperoni, turkey, and chicken. Canned salmon, crab meat, and tuna. Prepared tuna or chicken salad.

DAIRY
Full fat cheeses, whole fat Greek yogurt (plain), sour cream, créme fraîche, cream cheese, and heavy cream. Whole milk for kids. Eggs.

FATS
Butter, olive oil, coconut oil, avocado oil, and nut oils. Lard and tallow.

SNACKS AND EXTRAS
Coffee. Tea. Olives. Nuts and nut butters. Almond flour. Beef Jerky. Parmesan crisps. Pork rinds. Coconut flour, coconut butter, coconut milk, and unsweetened coconut flakes. Dark chocolate (>70% cacao).

PERHAPS…
Whole, intact grains and legumes in moderation, if tolerated.

