



## Grocery List

Per the Food Guide, your groceries should be derived from the sentence 'Eat meats, non-starchy vegetables, raw nuts and seeds, low-glycemic fruits, little starch and no (added) sugar.'

While this can't possibly comprise 100% of the 'acceptable' things you can get at a grocery store, it's definitely a great start!

### **Meats:**

- No hormone, no antibiotic chicken or turkey
- Organic, grass-fed beef
- Organic pork
- Wild-caught fish
- Wild game

### **Non-Starchy Vegetables:**

- Alfalfa sprouts
- Arugula
- Artichoke
- Asparagus
- Bamboo shoots
- Beans (green, Italian, yellow or wax)
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chayote
- Chicory
- Chinese cabbage



- Chinese spinach
- Cucumber
- Eggplant
- Fennel
- Garlic
- Green onions
- Greens (beet or collard greens, dandelion, kale, mustard, turnip)
- Hearts of palm
- Herbs (parsley, cilantro, basil, rosemary, thyme, etc.)
- Jicama
- Kohlrabi
- Leeks
- Lettuce (endive, escarole, romaine or iceberg)
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers (green, red, yellow, orange, jalapeño)
- Purslane
- Radishes
- Rapini
- Rhubarb
- Rutabaga
- Sauerkraut
- Scallions
- Shallots
- Snow peas or pea pods
- Spinach
- Summer squash
- Swiss chard
- Tomatillos
- Turnips
- Water chestnuts
- Watercress
- Zucchini



### **Raw Nuts and Seeds:**

- Almonds
- Filbert
- Cashews
- Brazil Nuts
- Pistachios
- Walnuts
- Pumpkin Seeds
- Sesame Seeds
- Flax Seeds

### **Low-Glycemic Fruits:**

- Apple
- Applesauce, unsweetened
- Blueberries
- Blackberries
- Boysenberries
- Raspberries
- Gooseberries
- Strawberries
- Casaba melon
- Honeydew melon
- Cherries
- Figs, fresh
- Grapefruit
- Kiwi
- Lemon
- Lime
- Mandarins
- Oranges
- Peaches
- Pears
- Plums



Of course, if you have any questions regarding a grocery item, feel free to email me at [pete@weightlossbypete.com](mailto:pete@weightlossbypete.com) :-)



- *Pete*